# TESCO

FREE | APRIL 2023

*Sneak in their 5-a-day*



+ BONUS BANK HOLIDAY

ROYALLY GOOD RECIPES TO HELP YOU CELEBRATE

# CAN-DO KATSU

Chicken katsu & extra-veg sauce p87

**Family favourites made healthier plus money-saving meal plans**



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**GEORGINA HARTLEY**
Gluten-free food blogger, p82

If you're looking for little ways to put a spring in your step, we have them in spades. For starters, cook the gorgeous katsu curry on p87 next time you have friends round. The silky-smooth sauce is surprisingly good for you as it's sneakily loaded with veg, and it's an easy meal that kids and adults alike will love. Second, make the Royal Guard biscuits on p32. Even if you don't have children. Even if you're not a fan of baking. Just make them, then tell me they didn't make you smile! And finally, get your kitchen equipment working harder for you. At the back of this issue there's a microwave recipe for a self-saucing lemon pudding that'll be ready in 15 minutes. Happy spring, everyone.

*Lauren*



**I'M LOVING...**
...all the excuses to sneak in a treat thanks to the Coronation. **Coronation cupcakes 6-pack, £3.50*** (58p each)

CEDAR *made different*

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Visit soundcloud.com/tesco-magazine for an audio version of selected features

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*Price is subject to change

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# TRY SOMETHING OAT OF THE ORDINARY



Serving suggestion




*Have you had yours?*

# THE HEINZ LUNCHTIME LEGEND*




* MAY ALSO CONTAIN CHICKEN

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# CONTENTS


**EVERYDAY**
**15** Cook once, eat twice
**19** 5 for £25
**41** Drinks
**45** Tinspiration
**64** Jamie Oliver
**70** Join the conversation
**85** Veg-packed dinners

**WEEKEND**
**25** Field to fork
**31** Coronation recipes
**57** Ramadan and Eid
**98** Treat of the week

**KNOW-HOW**
**48** Skills: Slow-cooking
**54** Too good to waste

**SHOPPING**
**8** Best buys
**74** New homewares

**HEALTH & WELLBEING**
**77** If you make one change...
**79** In the know: Blood pressure
**82** Spotlight on: Intolerances
**93** Daily boosters




**COVER RECIPE**
Chicken katsu with extra-veg sauce, p87
**RECIPE** Jules Mercer
**PHOTOGRAPHY** Toby Scott
**FOOD STYLING** Emma Jane Frost
**PROP STYLING** Morag Farquhar




CARROT & BUTTER BEAN BURGERS

## WHY NOT TRY... BEANS AND PULSES

Keep your finger on the pulse with these full-of-beans dishes

HARISSA-SPICED FISH STEW




ROSEMARY & SAUSAGE SOUP

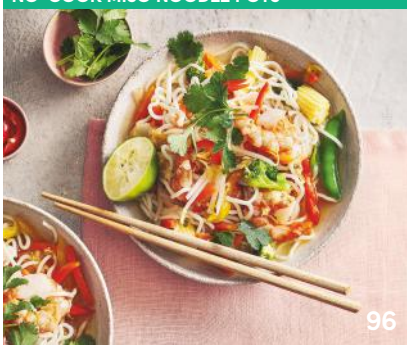



LENTIL & SWEET POTATO SHEPHERD'S PIE



# RECIPE INDEX

NO-COOK MISO NOODLE POTS




SALMON & BROAD BEAN TART




SWEET POTATO & SPINACH SCOTCH EGGS




ROYAL GUARD BISCUITS




## SMALL PLATES & SIDES


Leek & cheese rolls V ❄ 29
Leek, parsley & Cheddar mash V GF ❄ 28
Mini Jersey 'Royal' jackets GF 38
No-cook miso noodle pots DF 96
Samosa moons V ❄ 62
Slow-cooker soda bread V ❄ 52


## MEAT & FISH


Cheat's chicken & broccoli pot pie ❄ 46
Chicken katsu ❄ 87
Chilli con carne DF GF 97
Creamy salmon pasta 46
Harissa-spiced fish stew ❄ 80
Lemon chicken with rosemary potatoes DF 21
Loaded turkey lasagne ❄ 89
Pulled pork souvlaki flatbreads ❄ 51
Roast beef sliders 35
Rosemary & sausage soup DF ❄ 27
Salmon & broad bean tart 21
Sticky cauliflower & turkey mince DF ❄ 16
Storecupboard spaghetti with mackerel balls DF ❄ 68
Teriyaki meatball noodles DF 20
Tinned beef massaman DF 46
Turkey Vietnamese-style baguettes 16


## VEGETARIAN & VEGAN


Baked feta pesto pasta V 20
Carrot & butter bean burgers V DF ❄ 46
Crispy potato & egg salad V GF 64
Full-of-greens quiche V 87
Lentil & sweet potato shepherd's pie V DF GF ❄ 22
Slow-cooker satay curry V ❄ 49
Spinach & goat's cheese fatayer V ❄ 58
Sweet potato & spinach Scotch eggs V 90


## SWEET TREATS & DRINKS


Carrot cake smoothie V GF 42
Cinnamon & apricot tarte Tatin V 58
Coronet cupcakes 36
Ma'amoul V ❄ 61
Microwave lemon puddings V 98
Orange & ginger peel tea V DF GF 42
Pavlova crown V GF 32
Peanut butter, oat & berry bites V DF GF 95
Rosemary & citrus cordial V DF GF ❄ 26
Royal Guard biscuits V 32


Please always check labels carefully to ensure ingredients meet your dietary requirements, especially if you have an allergy. Our symbols are based on the ingredients listed on the packaging only. Please always check for allergen information such as 'may contain' messages. Ingredients are subject to change after going to press.

- V Vegetarian (free from meat and fish)
- V Vegan (free from animal-derived products)
- DF Dairy free (free from milk-derived products)
- GF Gluten free
- ❄ Can be frozen for up to 3 months. Wrap appropriately. Defrost and heat thoroughly before eating. Never refreeze food that has already been frozen.

**Ingredients** used are from Tesco's core range, unless otherwise stated. We use medium free-range eggs, semi-skimmed milk, unsalted butter and unwaxed fruit. Ingredients marked 'optional' are not included in the cost per serve, reference intakes or dietary symbols. Tesco magazine is not responsible for any recipes included on advertisements.

**Reference intakes** are printed below recipes. For more information, visit realfood.tesco.com/curatedlist/what-is-healthy.html. Our recipes should be eaten as part of a balanced diet and healthy lifestyle. All nutritional information is checked by a qualified nutritionist. We regret that we are unable to respond to individual nutritional queries.

**Prices and availability** are subject to change. Due to ongoing uncertainty, prices and availability may be more susceptible to change than usual. Cost per serve is based on the online cost of ingredients (excluding anything unused) at the time of going to press and is subject to change.

**Alcohol** For more information about responsible drinking, visit bedrinkaware.co.uk

Better Baskets

We all want to feel better about our lifestyles, the food we buy, meals we make and packaging we use. So Tesco has created Better Baskets, with value at its heart, as an easy way to fill your basket with better choices every time you shop. Look out for the logo to help you make better choices with Tesco.

# What's in store

Bound into spring with great-value buys for lighter lunches, and celebrate the Coronation with treats fit for a king



**JAMIE ROBINSON**
Tesco's executive chef, product development

'Lighter days mean lighter meals, so spring-clean your cupboards and restock them with new good-for-you buys – from protein-packed snacks (p9) to salad bowl ingredients (right). And if it's all looking a little virtuous now, don't forget the King's Coronation is just around the corner – and we've got plenty of regal treats in store (p11 and p12).'

## BUILD A BOWL

Grab a handful of ingredients and create a simple salad in minutes, packed with things you love



**1 THE BASE**
**Bulgur Wheat & Quinoa Mix 300g, £2** (67p/100g)

**2 THE VEG**
**Babyleaf Salad 90g, £1.10** (£1.22/100g) and **Tesco Finest Sweet Mini Peppers 220g, £1.65** (75p/100g)

**3 THE DRESSING**
**Honey & Mustard Dressing 250ml, £1** (40p/100ml)

**4 THE CRUNCH**
**Garlic & Herb Croutons 100g, £1.05**

**5 THE FINAL FLOURISH**
**Salad Cheese with Chilli Marinade 100g, £1.20**






**Smoky BBQ Flavour Nut Mix 25g, 75p** (£3/100g)




**Sour Cream & Chive Flavour Nut & Pulse Mix 25g, 75p** (£3/100g)




**Oriental Flavoured Nut Mix 25g, 75p** (£3/100g)

## GRAB A BITE

Better Baskets is Tesco's way of helping you make better choices with the food you buy, meals you make and packaging you use. And a new Bites range brings satisfying snacks that are high in fibre – and they're tasty too! Better still, with your Tesco Clubcard you can get any three snacks for the price of two*. Discover the range in store now.

Better Baskets

Offer available in selected Extra stores. Clubcard/App required. Any 3 for 2: Cheapest product free, selected Tesco dried fruit or nuts. Products contain more than 6g fibre per 100g

## SANDWICH STUFFERS

Liven up your loaf with these flavourful fillers

**1. Tesco Finest Chicken Breast with a Chorizo Stuffing 108g, £3** (£2.78/100g)

**2. Tesco Finest Whisky Smoked & Charred Wiltshire Ham 100g, £3**






## Lighter lunch

Eat the rainbow with this smoky and spicy **Plant Chef Mexican-Inspired Falafel & Rice Salad 235g, £2.75** (£1.17/100g).





It's the clink of glasses as you toast Wendover Road's freshly cut lawn...

*It's Croft time.*




#CROFTTIME croftsherry.co.uk PLEASE DRINK RESPONSIBLY




## TOP TINS

These new plant-powered ready meals contain up to 2 of your 5-a-day and are ready in just 3 minutes.

**Smoky Butternut & Bean Casserole 392g, £1.60** (41p/100g)**; Lentil & Vegetable Bolognese 392g, £1.60** (41p/100g)**; Red Pepper & 3 Bean Chilli 392g, £1.60** (41p/100g)**; Mixed Vegetable Curry 392g, £1.60** (41p/100g)

## 3 of the best salad dressings



1 **Thousand Island Dressing 250ml, £1** (40p/100ml), shines with avocado or chicken.



2 **Tesco Finest Blue Cheese Dressing 220ml, £1.95** (89p/100g), pairs with nutty salads.



3 **Garlic & Herb Dressing 250ml, £1** (40p/100g), is brilliant drizzled over a Greek salad.



*Treats fit for a king*



**Gingerbread Biscuit 40g, 95p each** (£2.38/100g)

## HOLIDAY BAKE

Keep little ones entertained over the holidays with **Free From Lemon Drizzle Cake Kit 300g, £1.70** (57p/100g).




## DINNER IN 5

Pop this hearty pasta with a creamy garlic sauce in the microwave for a speedy weeknight meal. **Plant Chef Mushroom Fettuccine Pasta 400g, £3** (75p/100g)






## Freezable favourites

Stash these away for instant lifts when you need a treat.




**All Day Breakfast 350g ❄, £2.20** (63p/100g)




**4 Maple & Pecan Plaits ❄, £2.60** (65p each)



**Vanilla Flavour Frosting 400g*, £1.85** (46p/100g)

**Tesco Finest Chocolate & Brazilian Orange Frosting 400g*, £1.85** (46p/100g)

**Strawberry & Cream Frosting 400g*, £1.85** (46p/100g)

## TASTE FILES: FROSTING

**Give Easter bakes added shine with these frosting pots that will cover a 20cm cake or 12 cupcakes.**

**USE IT UP**

Sandwich between cookies or mix with crumbled leftover sponge to create cake pops. Some frosting can be frozen: defrost overnight in the fridge, then bring to room temperature; stir well before using.




## LET'S CELEBRATE

Nothing says Coronation like (royal)tea and cake! **Coronation Cake serves 10, £8** (80p per serving)

## KEEPSAKE TREATS

This tin will last long after the biscuits are eaten! **All Butter Shortbread Petticoat Tails Tin 450g, £5** (£1.11/100g)




WORDS **JESS HERBERT** PHOTOGRAPHY **TOM REGESTER** FOOD STYLING **SOPHIE FOOT** PROP STYLING **VICTORIA ELDRIDGE** *Subject to availability

# SHARE DARKER TREATS

# ON LIGHTER EVENINGS




## GO ON, FEED YOUR DARK SIDE

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Lindt

EXCELLENCE




# DIVE INTO RICHER FLAVOURS




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# COOK *ONCE*, EAT **TWICE**

Make one pack of mince go further – and taste amazing – with these clever recipes




**Turkey Vietnamese-style baguettes**
p16

**Sticky cauliflower & turkey mince**
p16



## Dinner tonight

### STICKY CAULIFLOWER & TURKEY MINCE

**Serves** 4 DF freeze mince mixture
**Takes** 35 mins
**Cost per serve** £1.47

**CLEVER SWAP** Swap the soy sauce for tamari to make this gluten-free. Add chopped fresh chilli for extra heat.

300g jasmine or basmati rice
150g pack sugarsnaps, blanched
1½ tbsp vegetable oil
500g pack turkey breast mince
1 small cauliflower (500g prepped weight), stalks and leaves removed (see tip, below), florets finely chopped
1 onion (or 5 shallots), finely chopped
2 tbsp garlic & ginger paste
1½ tbsp clear honey
1 tbsp sweet chilli sauce
2 limes, juiced
1 tbsp fish sauce
1 tbsp reduced-salt soy sauce
110g baby spinach
15g fresh coriander, chopped
8g fresh mint, leaves picked and chopped

**1** Cook the rice to pack instructions. Add the sugarsnaps for the last 2 mins of cooking; drain.
**2** Meanwhile, heat the oil in a large frying pan over a high heat. Fry the mince, cauliflower and onion for 12-15 mins, stirring, until cooked through and just turning golden. Add the garlic & ginger paste and cook for 1 min.
**3** Add the honey, chilli sauce, lime juice, fish sauce and soy. Simmer for 2 mins, then remove from the heat. Set half the mixture aside for the Vietnamese-style baguettes (right). Stir the spinach and most of the herbs into the remaining mince mixture.
**4** Divide the rice and sugarsnaps between plates, then top with the turkey mix and scatter over the remaining herbs to serve.

Each serving contains

| Energy | Fat | Saturates | Sugars | Salt |
|---|---|---|---|---|
| 1981kJ 468kcal | 7g | 1g | 8g | 0.9g |
| 23% | 9% | 6% | 9% | 13% |

of the reference intake. See page 7.
Carbohydrate 78g Protein 23g Fibre 4g
1 of your 5-a-day; source of protein

**USE IT UP**

Toss leftover cauliflower leaves with oil, then season and roast for 10 mins at gas 6, 200°C, fan 180°C. Or slice and fry them over a high heat for 5-6 mins.

## Lunch tomorrow

### TURKEY VIETNAMESE-STYLE BAGUETTES

**Serves** 4
**Takes** 10 mins
**Cost per serve** £1.25

75g lighter mayonnaise
1 tsp sweet chilli sauce, plus extra to serve (optional)
1½ limes, 1 juiced, ½ cut into wedges to serve
1 large fresh baguette or 2 bake-at-home baguettes, baked
15g fresh coriander
10g fresh mint, leaves picked and chopped
reserved turkey and cauliflower mixture (see recipe, left)
1 carrot, peeled into ribbons
⅓ cucumber, peeled into ribbons
110g baby spinach leaves

Mix together the mayonnaise, chilli sauce and lime juice. Cut the baguette into 4, slice open and spread with the chilli mayo. Stir the coriander and most of the mint into the reserved turkey and cauliflower mixture, then spoon into the baguettes with the carrot, cucumber ribbons and spinach. Serve scattered with the remaining mint and a small lime wedge to squeeze over, with the spinach alongside. Add an extra drizzle of sweet chilli sauce, if you like.

Each serving contains

| Energy | Fat | Saturates | Sugars | Salt |
|---|---|---|---|---|
| 2009kJ 476kcal | 10g | 1g | 13g | 1.9g |
| 24% | 15% | 7% | 14% | 32% |

of the reference intake. See page 7.
Carbohydrate 66g Protein 27g Fibre 6g

RECIPES **HANNAH YEADON** PHOTOGRAPHY **ALEX LUCK** FOOD STYLING **ANGELA ROMEO** PROP STYLING **VICTORIA ELDRIDGE**

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# 5 FOR £25

Five reader-approved recipes
to see your family through the week
















## Tried it, liked it



Our tester this month is Amber, who lives with her husband and two children, aged eight and four. 'With the cost of food now, it's so nice that a budget meal plan doesn't have to lack flavour,' said Amber.

*"These meal plans mean we can be savvy with our money – and reduce our food waste too"*

### GET INVOLVED

*Want to test one of our family dinner meal plans for four? Email tesco.mag@cedarcom.co.uk for your chance.*

## TERIYAKI MEATBALL NOODLES

**Serves** 4 DF **Takes** 20 mins

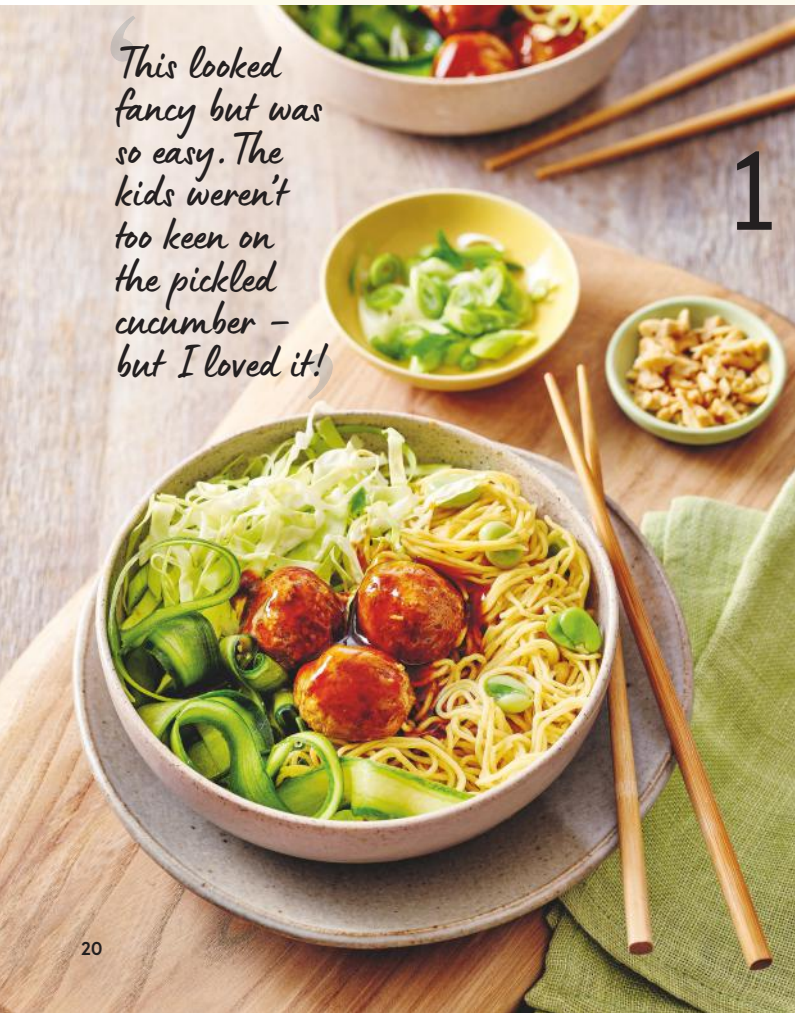
1 tbsp vegetable oil
12-pack Meat & Veg beef meatballs
180g pack teriyaki stir-fry sauce
1 cucumber portion, peeled into ribbons, watery core discarded
½ lime, juiced
250g pack fine egg noodles
250g frozen broad beans
¼ sweetheart cabbage, shredded
4 spring onions, finely sliced
25g roasted salted cashews, roughly chopped

**1** Heat the oil in a nonstick frying pan over a medium-high heat and fry the meatballs for 6-8 mins, turning regularly, until golden brown all over. Add the teriyaki sauce and bubble for 2-3 mins until the meatballs are coated and cooked through.
**2** Meanwhile, toss the cucumber ribbons in a bowl with the lime juice. Set aside to pickle.
**3** Boil the noodles and broad beans in a pan for 2-3 mins until the noodles are tender, then drain well.
**4** Divide the noodles and broad beans between 4 bowls. Top with the teriyaki meatballs and sauce, shredded cabbage and pickled cucumber. Scatter with the spring onions and cashews to serve.

Each serving contains

| Energy | Fat | Saturates | Sugars | Salt |
|---|---|---|---|---|
| 2220kJ 529kcal | 17g | 4g | 13g | 2g |
| 26% | 24% | 22% | 15% | 33% |

of the reference intake. See page 7.
Carbohydrate 63g Protein 27g Fibre 6g







## BAKED FETA PESTO PASTA

**Serves** 4 V **Takes** 30 mins

200g Greek-style salad cheese
250g pack cherry tomatoes
½ head of broccoli, cut into florets
4 tsp olive oil
150g frozen broad beans, defrosted
10g fresh dill, chopped
50g roasted salted cashews
½ lemon, zested and juiced
1 garlic clove, crushed
300g spaghetti

**1** Heat the grill to medium-high. Put the cheese in a baking dish about 20 x 25cm, arrange the tomatoes and broccoli around it and season well. Drizzle with 2 tsp oil and grill for 20-25 mins until the tomatoes are bursting, the broccoli is tender and lightly charred, and the cheese is soft.
**2** Meanwhile, boil the beans for 2-3 mins until piping hot. Drain (reserving the cooking water), rinse with cold water and drain again. Transfer to a food processor with the dill, cashews, lemon zest and juice, garlic and 2 tsp oil; pulse until finely chopped. Add 2-3 tbsp water and blend again to make a thick pesto.
**3** Cook the spaghetti to pack instructions in the reserved hot water. Drain, reserving 100ml water. Stir the pesto into the spaghetti with 50ml water. Tip into the baking dish and toss well to break up the cheese. Add more pasta water to loosen if needed. Serve with a twist of black pepper.

Each serving contains

| Energy | Fat | Saturates | Sugars | Salt |
|---|---|---|---|---|
| 2232kJ 531kcal | 19g | 7g | 7g | 1.3g |
| 27% | 27% | 33% | 8% | 21% |

of the reference intake. See page 7.
Carbohydrate 63g Protein 23g Fibre 7g

## LEMON CHICKEN WITH ROSEMARY POTATOES

**Serves** 4 DF **Takes** 40 mins

550g baby potatoes, halved lengthways
2 tbsp olive oil
10g fresh rosemary, ½ leaves picked and chopped, ½ to garnish
4 garlic cloves, 3 bashed (skin on), 1 peeled and crushed
4 frozen breaded chicken steaks
1 lemon, zested and quartered
¾ sweetheart cabbage, thickly sliced

**1** Preheat the oven to gas 7, 220°C, fan 200°C. Toss the potatoes with 1 tbsp oil, the rosemary, bashed garlic and some seasoning in a large, shallow roasting tin; roast for 10 mins. Add the chicken steaks and lemon wedges and cook for 20-25 mins until the chicken is crisp and cooked through, and the potatoes are tender.
**2** When the chicken has 5 mins left, heat the remaining oil in a frying pan over a medium-high heat and stir-fry the cabbage for 3-4 mins until tender and the edges are lightly golden. Stir in the lemon zest and crushed garlic, then fry for 1-2 mins more until fragrant; season.
**3** Squeeze the roasted lemon over the chicken and potatoes and serve with the greens and black pepper.

Each serving contains

| Energy | Fat | Saturates | Sugars | Salt |
|---|---|---|---|---|
| 1847kJ 440kcal | 21g | 3g | 9g | 1g |
| 22% | 29% | 16% | 10% | 17% |

of the reference intake. See page 7.
Carbohydrate 45g Protein 15g Fibre 8g
1 of your 5-a-day; low in saturated fat

*The kids loved this – it will be a family fave!*







## SALMON & BROAD BEAN TART

**Serves** 4 **Takes** 30 mins

375g pack ready-rolled reduced-fat puff pastry
125g reduced-fat soft cheese
1 garlic clove, crushed
10g fresh dill, chopped
1 lemon, zested and juiced
450g baby potatoes, halved widthways
150g frozen broad beans
1 tbsp olive oil
212g tin pink salmon, drained, skin and bones removed, flaked

**1** Preheat the oven to gas 7, 220°C, fan 200°C. Unroll the pastry and lift onto a baking sheet, keeping it on its paper. Score a 1cm border around the edge (don't go all the way through). Prick the middle with a fork.
**2** Mix the soft cheese with the garlic, half the dill, half the lemon zest and 2 tsp lemon juice; season and mix well to combine. Spread over the centre of the pastry using the back of a spoon. Bake for 18-20 mins until the pastry is golden and puffed, and cooked underneath when you lift an edge. Press down the middle with a spatula if the pastry has domed while cooking.
**3** Meanwhile, boil the potatoes for 15-20 mins until tender, adding the broad beans for the last 2-3 mins of cooking. Drain well and tip back into the pan.
**4** Add the remaining lemon juice, zest, dill, the oil and some black pepper to the potatoes and broad beans; toss well. Flake the salmon over the cooked pastry base, then spoon over the broad beans; season with black pepper. Transfer the potatoes to a serving bowl and spoon any oil left in the pan over the tart. Serve with the new potatoes.

Each serving contains

| Energy | Fat | Saturates | Sugars | Salt |
|---|---|---|---|---|
| 2508kJ 598kcal | 26g | 11g | 5g | 1.2g |
| 30% | 37% | 56% | 6% | 20% |

of the reference intake. See page 7.
Carbohydrate 61g Protein 27g Fibre 6g

# 5 LENTIL & SWEET POTATO SHEPHERD'S PIE

**Serves** 4 V DF GF ❄
**Takes** 45 mins

2 tbsp olive oil
1 onion, finely chopped
1 carrot, scrubbed and finely chopped
10g rosemary, leaves picked and finely chopped
2 garlic cloves, crushed
2 x 390g tins green lentils
400g tin plum tomatoes
500g sweet potatoes, peeled and cut into chunks
½ head of broccoli, cut into florets

**1** Heat the oil in a large frying pan over a medium-high heat and fry the onion and carrot for 6-8 mins until lightly golden and tender. Add the rosemary and garlic and fry for another 1-2 mins until fragrant. Add the lentils and the water in the tin, the tomatoes and 250ml water. Break up the tomatoes with a wooden spoon. Season well; bubble over a medium heat for 15-20 mins until thickened and saucy.
**2** Meanwhile, boil the sweet potatoes for 15-20 mins until very tender. Drain well, then tip back into the pan; season with black pepper and mash until smooth.
**3** Heat the grill to high. Spoon the lentil mixture into a 20cm round or 25 x 20cm baking dish. Spoon on the mash, smooth over to cover the filling, then swirl with a fork. Grill for 10-15 mins until the mash is turning lightly golden in places and the filling is piping hot.
**4** Meanwhile, steam the broccoli for 6-8 mins until the stems are tender. Serve alongside the pie.

Each serving contains

| Energy | Fat | Saturates | Sugars | Salt |
|---|---|---|---|---|
| 1509kJ 359kcal | 9g | 2g | 16g | 0.4g |
| 18% | 13% | 9% | 18% | 7% |

of the reference intake. See page 7.
Carbohydrate 51g Protein 13g Fibre 16g
3 of your 5-a-day; high in fibre



*This was so hearty. Next time I might swap the mash for aubergine*

## SHOPPING LIST

1 lime
4-pack Suntrail Farms lemons
20g pack fresh rosemary
20g pack fresh dill
1 garlic bulb
100g bunch spring onions
1 cucumber portion
250g pack Nightingale Farms cherry tomatoes
1 onion
500g loose carrots
375g head of broccoli
1 sweetheart cabbage
500g loose sweet potatoes
1kg pack Redmere Farms baby potatoes
180g pack teriyaki stir-fry sauce
200g pack 50% less fat soft cheese
200g pack Creamfields Greek-style salad cheese
375g pack ready-rolled reduced-fat puff pastry
12-pack Meat & Veg beef meatballs
400g tin Grower's Harvest plum tomatoes
2 x 390g tins green lentils
212g tin pink salmon
500g pack Hearty Food Co. spaghetti
250g pack fine egg noodles
125g pack Stockwell & Co. roasted & salted cashews
650g pack frozen baby broad beans
4-pack frozen breaded chicken steaks

### + FROM YOUR STORECUPBOARD

olive oil

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RECIPES **ANNA O'SHEA** PHOTOGRAPHY **ALEX LUCK** FOOD STYLING **ANGELA ROMEO** PROP STYLING **VICTORIA ELDRIDGE**
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**LEEKS AND ROSEMARY**
Hats off to the leek, for there are few veg quite so versatile. It works happily in a casserole, adding its gentle sweet onion flavour – but have you tried it just simmered until al dente, tossed with parsley, olive oil and a splash of vinegar? Or fried in butter until golden, piled next to fish and potatoes? Give it more space on your plate next time! And rosemary – now there's a herb that packs a punch. A little goes a long way, so snip a bit onto roast meat or even into a batch of homemade biscuits. And for a sauce that'll knock their socks off, bash up a sprig with a little garlic, anchovy, olive oil and lemon juice.

# FIELD TO FORK

Add a spring to your step with our pick of this month's best produce

**Taste the care**
Look for this quality seal on the most cared-for products at Tesco. All the hero ingredients in this feature carry the Quality Seal mark, along with hundreds more expertly selected products in store and online.




## ROSEMARY & CITRUS CORDIAL

**Makes** 500ml
**Takes** 30 mins plus cooling and optional overnight chilling
**Cost per serve** 16p

FREEZE IT Freeze in ice cube trays, then transfer to a freezer bag for up to 3 months. Dissolve in fizzy or hot water straight from the freezer.

1 red grapefruit, scrubbed
3 lemons, scrubbed
20g pack fresh rosemary
60g fresh ginger, thinly sliced (no need to peel)
150g sugar

**1** Use a vegetable peeler to remove long strips of zest from the grapefruit and 2 of the lemons, taking care not to remove any of the white pith, as it is very bitter. If any strips have a lot of pith attached, scrape it off with a spoon. Put in a medium saucepan, juice all the fruit and add it to the pan.
**2** Lay the rosemary sprigs on a chopping board and run a rolling pin over them a few times to help release the oils. Strip the leaves into the pan, then stir in the ginger, sugar and 250ml water.
**3** Heat over a low-medium heat for 5 mins until the sugar dissolves, then reduce the heat to low and warm for 15 mins, stirring occasionally, until slightly thickened and very fragrant. Leave to cool, then use immediately; or cover, transfer to the fridge and chill overnight to allow the flavours to develop.
**4** Strain through a sieve into a jug or bowl, pressing down on the flavourings with a spatula, masher or spoon to extract as much liquid as possible. Transfer to a storage bottle, or ice cube trays if planning to freeze.
To use, mix 1-2 tbsp with 150ml fizzy water (to make a tonic substitute) or boiling water and a splash of whisky to make a hot toddy.

Each serving contains

| Energy | Fat | Saturates | Sugars | Salt |
|---|---|---|---|---|
| 184kJ 43kcal | 0g | 0g | 10g | 0g |
| 2% | 0% | 0% | 11% | 0% |

of the reference intake. See page 7.
Carbohydrate 10g Protein 0g Fibre 0g

## MEET THE GROWER



David Walmsley (right) is MD of Vitacress Herbs. His team grows fragrant rosemary near Chichester in West Sussex.

Imagine a greenhouse as big as 15 football pitches. Because that's the size of the 13.5 hectares of glasshouse in which Vitacress grows its living herbs for Tesco. They select their rosemary for its 'fresh aroma and consistent culinary quality,' says David. Pop one of their rosemary-filled pots on a sunny windowsill and snip a sprig whenever you need it. 'Rosemary has an amazing ability to withstand frost, so it's perfect for planting outdoors in the UK,' says David. If you've got space, why not try planting your pot next time?

*'I like to chop rosemary leaves and sprinkle over roast potatoes or even oven chips for extra flavour'*

## ROSEMARY & SAUSAGE SOUP

**Serves** 4 DF
**Takes** 45 mins
**Cost per serve** £1.60

LOW ENERGY To make in a slow-cooker, cook the crispy garlic cloves and the sausage meat as below. Put the onions, garlic, rosemary, stock and beans in a slow-cooker and blend about 250ml in the pot. Add the cooked sausage meat and cook on low for 6 hrs or high for 3-4 hrs. To serve, cook the pasta and follow from step 5.

- 1 tbsp olive oil, plus 1 tsp
- 1 garlic bulb, cloves very thinly sliced
- 300g sausage meat, broken up, or 300g sausages, meat removed from the casings
- 2 red onions, thinly sliced
- 20g pack fresh rosemary, leaves stripped and roughly chopped
- 1 chicken stock pot, made up to 800ml
- 2 x 400g tins cannellini beans, drained and rinsed thoroughly
- 150g Margheritine soup pasta or other small pasta
- 1 small lemon, zested, ½ juiced
- 220g pack baby spinach
- 1 tsp crushed chillies, to serve (optional)

**1** Heat 1 tbsp oil in a small pan over the lowest heat, add the sliced garlic and cook very slowly for 30 mins until browned and crisp, stirring occasionally to make sure they don't burn.
**2** Meanwhile, heat 1 tsp oil in a large saucepan over a medium heat and fry the sausage meat for 5 mins, stirring frequently, until starting to crisp. Transfer to a plate and set aside.
**3** Reduce the heat to low-medium and add the onions. Cook for 10-12 mins until well softened, scraping up any caramelised residue at the bottom of the pan.
**4** Stir through most of the rosemary, then add the stock and beans. Use a stick blender to blend roughly 250ml soup in the pan to help it thicken. Return the meat to the pan, bring to a simmer, then reduce the heat to low and cook for 15 mins until slightly thickened. Meanwhile, cook the pasta to pack instructions.
**5** Add the lemon juice and spinach; cook for 2-3 mins to wilt. Season with a little pepper, then add the cooked pasta; loosen with a little water, if you like.
**6** Divide between bowls and top with the crushed chillies (if using), the crispy garlic slices, reserved rosemary, lemon zest and lots of black pepper.

Each serving contains

| Energy | Fat | Saturates | Sugars | Salt |
|---|---|---|---|---|
| 2293kJ 546kcal | 20g | 5g | 7g | 1.8g |
| 27% | 28% | 27% | 8% | 30% |

of the reference intake. See page 7.
Carbohydrate 60g Protein 27g Fibre 13g
2 of your 5-a-day; source of protein



*Use up pasta shapes*

## MEET THE GROWER



Emmett UK Ltd has been supplying leeks and other veg to Tesco since the 1980s. Director Nigel Patrick tells us what makes their crop special.

The mineral-rich, highly fertile soils of Lincolnshire are perfect for growing leeks. 'They thrive here,' says Nigel. 'Our team cares for the crop, and for the environment and wildlife here too.' The veg are grown to the sustainable farming assurance scheme, LEAF Marque. They are typically picked and packed the same or following day to ensure freshness. 'We also return the unused leafy portion of the leeks back into the soils to help increase the organic matter content.' That sounds good to us!

*Leeks can last over a week in the fridge – just remove the outer leaves before cooking*



# Extra-special mash

### LEEK, PARSLEY & CHEDDAR MASH

**Serves** 6 as a side V GF ❄
**Takes** 30 mins
**Cost per serve** £1.07

600g Maris Piper potatoes, peeled and cut into equal chunks
1 tbsp olive oil, plus 1 tsp
1 large leek* (about 250g), trimmed, halved lengthways and sliced
125g Cheddar, grated
20g flat-leaf parsley, leaves picked and finely chopped
35g butter, diced
3-4 tbsp milk (optional)

**1** Boil the potatoes in a pan of water for 15-20 mins or until very tender. Drain and leave to steam-dry for 5 mins.
**2** Meanwhile, heat 1 tbsp oil in a lidded frying pan over a low-medium heat. Add the leek, cover and cook for 10 mins, stirring occasionally, until well softened. Lower the heat if it starts to brown. Turn off the heat and cover to keep warm.
**3** Mash the potatoes in a large bowl. Add the leeks, cheese, 15g parsley and the butter, season to taste and stir to just combine. Rest for 5 mins for the butter and cheese to melt, then stir again very briefly to incorporate. If the potato has cooled too much to melt the cheese and butter, microwave for 30-60 secs on full power before the final stir. For a smoother, creamier mash, stir through 3-4 tbsp milk, if you like. Scatter with the remaining parsley to serve.

Each serving contains

| Energy | Fat | Saturates | Sugars | Salt |
|---|---|---|---|---|
| 1030kJ 247kcal | 15g | 8g | 2g | 0.5g |
| 12% | 22% | 40% | 3% | 8% |

of the reference intake. See page 7.
Carbohydrate 17g Protein 8g Fibre 3g

## LEEK & CHEESE ROLLS

**Makes** 20 V ❄
**Takes** 1 hr
**Cost per serve** 53p

2 tbsp olive oil
2 large leeks*, halved lengthways and sliced
5 garlic cloves, crushed
125g walnuts (or other nut)
300g sourdough bloomer, roughly diced
340g jar reduced-salt pitted green olives, drained and sliced
80g pecorino, finely grated
2 tbsp Dijon mustard
150g soft cheese
70g sesame seeds, plus 15g
30g fresh chives or parsley, chopped
500g pack puff pastry
plain flour, for dusting
1 egg, beaten

**1** Heat the oil in a lidded frying pan over a low-medium heat. Add the leeks, cover and cook for 10-15 mins, stirring occasionally, until well softened. Reduce the heat if they start to brown. Add the garlic and cook for a further 2 mins, then turn off the heat.

**2** Meanwhile, pulse the walnuts in a food processor until finely chopped; set aside. Add the diced bread and blitz to make breadcrumbs. Add the cooked leek and pulse to combine. Return the chopped walnuts to the mixer, add the olives, pecorino, mustard, soft cheese and 70g sesame seeds; season with pepper. Stir in the chopped herbs.

**3** Preheat the oven to gas 6, 200°C, fan 180°C. Cut the pastry into 2 pieces and roll both out on a lightly floured surface to long 60 x 20cm strips about 2mm thick. Dollop half the filling loosely along the centre of each strip – don't pack it too tight, as it will expand in the oven. Fold one side of the pastry loosely over the filling. Brush the other inside edge of the pastry with water and fold over the filling to seal, pressing down gently on the seam. Use a serrated knife to cut into 6cm lengths to make around 20 rolls.

**4** Put the rolls, seam-side down, on a baking tray. Brush the tops with the beaten egg, sprinkle over the remaining seeds, then bake for 30 mins or until golden. Rest for 5-10 mins before serving warm or at room temperature. Store leftover rolls in an airtight container in the fridge for up to 5 days. Eat cold or reheat in the oven or air-fryer until piping hot.

Each roll contains

| Energy | Fat | Saturates | Sugars | Salt |
|---|---|---|---|---|
| 1160kJ 279kcal | 19g | 6g | 2g | 0.8g |
| 14% | 28% | 32% | 2% | 13% |

of the reference intake. See page 7.
Carbohydrate 17g Protein 8g Fibre 3g

*Perfect for a picnic or lunchbox*



RECIPES **NANCY ANNE HARBORD** PHOTOGRAPHY **ALEX LUCK**
FOOD STYLING **LUCY O'REILLY** PROP STYLING **LUIS PERAL**

# *Fantastic flavour at your fingertips*

*Add a pinch of Maldon Salt to fruit and nut cookies to enhance the sweet and nutty flavours*




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*maldonsalt.com* *@maldonsalt*

# JOIN THE PARADE

Have fun with these royally good ideas for celebrating the extra Bank Holiday weekend. Surely no one can resist these cute biscuits?



*Let the kids get creative*

## ROYAL GUARD BISCUITS

**Makes** 12 V
**Takes** 35 mins
**Cost per serve** 19p

a few drops of extra-strong orange gel food colouring
25g each white and brown fondant icing
50g red fondant icing
icing sugar, for dusting
12 rich tea finger biscuits
salted caramel writing icing (from a 76g pack chocolate & salted caramel writing icing)
24 dark brown crisp pearls (from a 60g pack Zillionaire Sprinkles)
1 tbsp gold pearls, 24 gold star sprinkles, 24 silver pearls (from a 80g pack Golden Galaxy Sprinkles)
45g chocolate flavour frosting



**1** Add a few drops of orange gel colouring to the white fondant icing and knead well to get a smooth peach colour. Knead the brown fondant icing to make it soft and malleable. Use the two colours as they are, or knead together as you like to create different skin tones. Knead the red fondant until malleable.
**2** Dust your work surface with icing sugar, then roll out the fondants to 1-2mm thick. Use a 3cm round cutter to stamp out 6 peach and 6 brown rounds, and 12 red rounds. Use the cutter to cut a small semi-circle from the top of the red rounds.
**3** Working one at a time, lightly brush the back of a red fondant round with a little water and stick to one end of a biscuit, with the cut-out circle towards the centre. Lightly brush the back of a peach fondant round with a little water and lay on the biscuit, nestling into the red semi-circle recess. Repeat with the remaining peach and brown rounds.
**4** Use the salted caramel writing icing to draw 2 dots halfway down the peach rounds for the eyes, then gently press on 2 brown crisp pearls. Use a cocktail stick to indent a mouth, then make vertical lines on the red circles to make 'arms'.
**5** Draw a curved line around the bottom half of the peach fondant for the chin strap, then add gold pearls. Dot icing onto each 'shoulder' and 2 more on the chest for buttons, then press stars onto the shoulders and silver pearls for buttons.
**6** Stir ½-1 tsp water into the chocolate frosting to soften. Spread onto each biscuit to make the 'bearskin cap', going down close to the eyes and working all the way up to the top of each biscuit. Best eaten fresh, though can be kept in a single layer in an airtight container for up to 2 days.

Each biscuit contains

| Energy | Fat | Saturates | Sugars | Salt |
|---|---|---|---|---|
| 393kJ 93kcal | 2g | 1g | 14g | <1g |
| 5% | 3% | 6% | 15% | 1% |

of the reference intake. See page 7.
Carbohydrate 17g Protein 1g Fibre 0g

## PAVLOVA CROWN

**Serves** 8 V GF
**Takes** 15 mins plus cooling
**Cost per serve** £1.47

300g blueberries
100g caster sugar
½ lemon, juiced
7 Tesco Finest meringue shells (from a box of 12)
gold glitter spray
25g white chocolate, melted
7 milk chocolate gold pearls
8-pack meringue nests
400ml whipping cream, whipped
100g cherries, halved and stoned

**1** Put 150g blueberries in a small saucepan with the sugar and lemon juice. Heat gently, stirring occasionally, for 5 mins until the blueberries have burst and the sugar has dissolved. Remove from the heat, leave for 15 mins to cool slightly, then strain through a sieve (discard the pulp). Leave to cool completely, then transfer to a jug. Set aside.
**2** Meanwhile, spray the meringue shells with the gold glitter spray. Working on one at a time, dip the base of one of the gold pearls in the melted chocolate, then stick on top of one of the meringue shells; hold for a few secs to secure. Leave to set completely. Repeat with the remaining gold pearls and meringue shells; set aside.
**3** Arrange 6 of the meringue nests in a circle on a large plate or serving platter. Put an additional meringue nest in the centre of the circle.
**4** Whip the cream to medium-stiff peaks, set aside 2 tbsp, then use the remainder to top each nest with 2-3 dessertspoonfuls of cream. Put the remaining meringue nest on top of the centre nest. Spoon the remaining cream to completely cover the centre meringue nest and fill the gaps where the meringue nests touch to create one big Pavlova.
**5** Halve 6 blueberries and gently press onto the cream around the outside. Pile the rest of the blueberries into the centre of the Pavlova, then enclose them in a ring of cherry halves.
**6** Spread the underside of the prepared gold meringue shells with a little of the reserved cream, then use 6 to top each outer meringue nest. Place the remaining gold meringue shell in the centre, on top of the blueberries.
**7** Spray the whole dessert with a little more glitter spray, then drizzle with the blueberry sauce. To serve, divide into 8 portions, with any extra sauce on the side.

Each serving contains

| Energy | Fat | Saturates | Sugars | Salt |
|---|---|---|---|---|
| 1456kJ 349kcal | 21g | 13g | 37g | 0.1g |
| 17% | 30% | 65% | 41% | 2% |

of the reference intake. See page 7.
Carbohydrate 37g Protein 3g Fibre 1g



*Use whatever berries you like*

DRINK MATCH



What better way to celebrate than with **Tesco Finest Prosecco DOC, £8.50*** – it's full of citrus and pear flavours with peach blossom aromas.

*Price excludes Scotland and Wales

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# TROPICAL AND SMOOTH

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page 5




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## ROAST BEEF SLIDERS

**Serves** 6
**Takes** 15 mins
**Cost per serve** 95p

400g pack beef brisket in gravy
½ tbsp olive oil
1 large red onion, finely sliced
100g lighter mayonnaise
1½ tsp English mustard
6-pack white batch rolls, halved
1 punnet salad cress

**1** Cook the brisket in the microwave to pack instructions, then leave to stand for 2 mins before shredding the meat. Toss with the gravy.
**2** Meanwhile, heat the oil in a frying pan over a medium-high heat and fry the onion for 7-8 mins until soft.
**3** Mix together the mayonnaise and mustard, then spread over the bottom halves of the buns. Add the brisket, onion and cress. Top with the bun lids to serve.

Each serving contains

| Energy | Fat | Saturates | Sugars | Salt |
|---|---|---|---|---|
| 1442kJ 343kcal | 13g | 3g | 6g | 0.9g |
| 17% | 19% | 16% | 7% | 15% |

of the reference intake. See page 7.
Carbohydrate 38g Protein 18g Fibre 2g
High in protein; high in vitamin B12

*Made with ready-roasted beef*

## CORONET CUPCAKES

**Makes** 12
**Takes** 50 mins plus cooling
**Cost per serve** 48p

150g baking spread
150g caster sugar
2 large eggs
150g self-raising flour
3 tbsp milk
1 tsp vanilla extract

*To decorate*

150g butter, softened
300g icing sugar, sifted
15g tube violet extra-strong food colour gel
60 mini gems, 12 yellow set aside
gold glitter spray

**1** Preheat the oven to gas 4, 180°C, fan 160°C and line a 12-hole fairy cake or cupcake tin with fairy cake cases. Use an electric whisk to cream together the butter and sugar until light and fluffy. Beat the eggs in, one at a time, then fold through the flour.

**2** Mix together the milk and vanilla extract, then fold into the cake mixture. Divide between the cake cases and bake for 18-20 mins. Leave to cool in the tin for 10 mins, then transfer to a rack to cool.

**3** Whisk the butter in a bowl. Add the icing sugar in 3 stages, whisking until smooth and fully combined. Add the full contents of the tube of violet food colouring and mix well.

**4** Use a teaspoon to scoop the risen tops from the cupcakes, starting near the edge of the cakes. Cut each round top into 4, then spray with a little gold glitter spray and set aside.

**5** Put 2 tbsp buttercream in a piping bag and set aside. Put the remaining buttercream in a second piping bag and snip a 2cm hole in the end. Pipe 4 elongated blobs on each cupcake – start near the edge of the cupcake and draw inwards towards the centre as you pipe.

**6** Top with the gold-sprayed cake trimmings, standing them upright between each blob of buttercream. Cut the non-yellow gems in half; stick to the buttercream.

**7** Snip a 5mm hole in the second piping bag and pipe blobs of buttercream in the centre of each cake. Spray the 12 yellow mini gems gold, then place on top of the cakes. To serve, spray each cake with a little gold mist.

Each cupcake contains

| Energy | Fat | Saturates | Sugars | Salt |
|---|---|---|---|---|
| 1764kJ 421kcal | 20g | 9g | 43g | 0.3g |
| 21% | 29% | 45% | 47% | 5% |

of the reference intake. See page 7.
Carbohydrate 56g Protein 4g Fibre 1g



# GREEN & BLACK'S ORGANIC

## TASTE THE RANGE WITH THE INTENSITY SCALE

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## MINI JERSEY 'ROYAL' JACKETS

**Serves** 6 GF
**Takes** 50 mins
**Cost per serve** 25p

750g Jersey Royal potatoes
1 tbsp olive oil
4 rashers smoked streaky bacon
100ml reduced-fat soured cream & chive dip
2 spring onions, green parts finely sliced

**1** Preheat the oven to gas 6, 200°C, fan 180°C. Toss the potatoes with the oil on a baking tray, season, then roast for 45 mins. Add the bacon for the last 20 mins.
**2** Chop the bacon, then split the potatoes down the centre, leaving the bottoms intact.
**3** Top each potato with reduced-fat soured cream & chive dip and scatter with the bacon and spring onions. Finish with a twist of black pepper to serve.

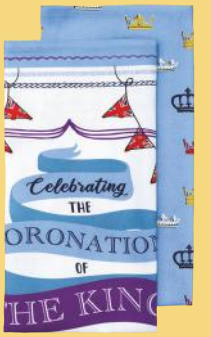
Each serving contains

| Energy | Fat | Saturates | Sugars | Salt |
|---|---|---|---|---|
| 726kJ 173kcal | 8g | 2g | 2g | 0.6g |
| 9% | 11% | 12% | 3% | 10% |

of the reference intake. See page 7.
Carbohydrate 20g Protein 5g Fibre 3g
Source of vitamin B1 (thiamin)

## PARTY PIECES

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**Coronation Stemless Glass, £3.50**
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RECIPES **ANGELA ROMEO, ELLA TARN** PHOTOGRAPHY **GARETH MORGANS**
FOOD STYLING **ELLA TARN** PROP STYLING **JENNY IGGLEDEN**

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# LIGHT & BRIGHT

Skip the caffeine and slow down on the booze with these five better-for-you drinks to take you from morning to night



## CARROT CAKE SMOOTHIE

**Serves** 2 V GF
**Takes** 10 mins plus cooling
**Cost per serve** 46p

CLEVER SWAP This also works well as a smoothie bowl topped with extra yogurt, dates, coconut flakes and pecans.

Put 2 **Perfectly Imperfect carrots** in a microwave-proof bowl with 2 tsp water; microwave on high for 4-5 mins until tender. Leave to cool, then put in a high-speed blender with 200ml water, ½ very ripe **banana**, 1 peeled and chopped **orange** (plus any juice), a 20g piece of **fresh ginger**, peeled and chopped, ½ tsp **ground cinnamon** and ½ tbsp **0% fat natural yogurt**. Blitz until smooth, adding more water if it's too thick. Serve in a tall glass, dusted with a little cinnamon, with a few **ice cubes**, if you like.

Each serving contains

| Energy | Fat | Saturates | Sugars | Salt |
|---|---|---|---|---|
| 429kJ 102kcal | 1g | <1g | 18g | <1g |
| 5% | 1% | 1% | 20% | 1% |

of the reference intake. See page 7.
Carbohydrate 20g Protein 2g Fibre 5g

## ORANGE & GINGER PEEL TEA

**Serves** 2 V DF GF
**Takes** 10 mins
**Cost per serve** 18p

Use a small, serrated knife to cut away as much of the white pith as possible from the peel of 1 **orange**. You should be left with about 35g peel; put in a heatproof jug or the base of a cafetière. Rinse 10g **ginger peel**, then add to the jug. Pour over 350ml boiling water and leave to steep for 2 mins. Strain into 2 teacups or heatproof glasses and sweeten each with ¼ tsp of **honey** or **sugar** (or to taste). Garnish with **mint** or **rosemary**, if you like, to serve.

Each serving contains

| Energy | Fat | Saturates | Sugars | Salt |
|---|---|---|---|---|
| 70kJ 17kcal | 0g | 0g | 1g | 0g |
| 1% | 0% | 0% | 2% | 0% |

of the reference intake. See page 7.
Carbohydrate 4g Protein 0g Fibre 0g
Fat free, low sugar, very low salt

RECIPES **MIRIAM NICE** PHOTOGRAPHY **KAREN THOMAS** FOOD STYLING **LUCY O'REILLY** PROP STYLING **VICTORIA ELDRIDGE**




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# TINSPIRATION

Make tinned ingredients the star of a budget-friendly supper












## TINNED BEEF MASSAMAN

**Serves** 4 DF **Takes** 20 mins
**Cost per serve** £1.50

LOW ENERGY Thicken the curry paste (step 1); add the coconut milk, beef and potatoes; cook in a slow-cooker on low for 4 hrs.

2 tsp vegetable oil
200g jar massaman curry paste
400ml tin light coconut milk
392g tin stewed steak in gravy
300g tin new potatoes, drained and halved
150g pack mangetout
30g crispy coated sweet chilli peanuts
10g fresh coriander, chopped
rice, to serve (optional)

1 Heat the oil in a high-sided sauté pan or large frying pan over a medium heat. Add the curry paste and fry for 2-3 mins until thickened and starting to stick to the pan. Stir in the coconut milk until smooth, then cook for 5-8 mins or until glossy and slightly thickened, stirring often so it doesn't stick.
2 Stir through the steak in gravy, new potatoes and mangetout and cook for 4-5 mins or until heated through and the mangetout is cooked. Lightly crush the peanuts to break them up a little, then scatter over the curry along with the coriander. Serve with rice, if you like.

Each serving contains

| Energy | Fat | Saturates | Sugars | Salt |
|---|---|---|---|---|
| 1368kJ 327kcal | 17g | 8g | 6g | 1.5g |
| 16% | 25% | 41% | 6% | 25% |

of the reference intake. See page 7.
Carbohydrate 20g Protein 22g Fibre 3g

## CARROT & BUTTER BEAN BURGERS

**Serves 4** V DF ❄
**Takes** 40 mins
**Cost per serve** 37p

LOW ENERGY Air-fry the burgers for 15 mins at 180°C, turning halfway.
CLEVER SWAP Switch butter beans for chickpeas, and use 200g cooked carrots in place of the tinned ones.

2 garlic cloves, crushed
10g fresh coriander, roughly chopped
100g fresh breadcrumbs
400g tin butter beans, drained
300g tin baby carrots in water, drained
2 tsp vegetable oil
buns, salad and chutney, to serve (optional)

1 Preheat the oven to gas 5, 190°C, fan 170°C. Put the garlic, coriander, breadcrumbs, beans, carrots and a pinch of salt in a food processor. Pulse until very finely chopped, stopping before it becomes a purée. If you don't have a food processor, use a potato masher or fork – the burgers will just be chunkier and more crumbly.
2 Shape the mixture into 4 large patties and brush with the oil. Bake for 20mins, then turn and bake for another 10 mins. Serve in buns with salad and chutney, if you like.

Each serving contains

| Energy | Fat | Saturates | Sugars | Salt |
|---|---|---|---|---|
| 629kJ 149kcal | 3g | <1g | 3g | 0.4g |
| 7% | 4% | 2% | 3% | 7% |

of the reference intake. See page 7.
Carbohydrate 22g Protein 7g Fibre 6g
1 of your 5-a-day; high in fibre; low in fat

## CHEAT'S CHICKEN & BROCCOLI POT PIE

**Serves 4** ❄ freeze assembled unbaked pie
**Takes** 45 mins
**Cost per serve** 71p

1 onion, sliced
1 tbsp vegetable oil
head of broccoli (about 375g), cut into florets, stalk finely diced
1 tbsp wholegrain mustard
400g tin cream of chicken soup
375g pack reduced-fat ready-rolled puff pastry
1 tbsp milk
mashed potato, to serve (optional)

1 Put the onion, oil and diced broccoli stalks in a microwave-safe bowl and microwave on high for 5-6 mins*, stirring every 2 mins, until softened. Tip into a 1-1.2ltr pie dish or baking dish.
2 Preheat the oven to gas 6, 200°C, fan 180°C. Put the florets in the microwave-safe bowl and loosely cover with baking paper or a plate; microwave for 3-4 mins until just tender. Add to the pie dish and stir in the mustard and soup; season.
3 Cover the dish with the puff pastry and trim the excess, sealing the edges with a fork. Pierce the centre with a sharp knife to make a steam hole.
4 Brush the pastry with milk, then bake for 30 mins. Serve with mash, if you like.

Each serving contains

| Energy | Fat | Saturates | Sugars | Salt |
|---|---|---|---|---|
| 1678kJ 401kcal | 20g | 7g | 6g | 1.1g |
| 20% | 28% | 34% | 7% | 18% |

of the reference intake. See page 7.
Carbohydrate 41g Protein 12g Fibre 7g

## CREAMY SALMON PASTA

**Serves** 2
**Takes** 20 mins
**Cost per serve** 61p

CLEVER SWAP For a thicker sauce, swap the crème fraîche and grated cheese for 50g garlic & herb soft cheese, or use a little less pasta water.

150g wholewheat spaghetti or fusilli
125g tin salmon in dill sauce
10g fresh basil, leaves picked, stalks finely chopped
150g frozen peas
3 tbsp 50% less fat crème fraîche
30g mature Cheddar or Parmesan, finely grated

1 Cook the pasta to pack instructions. Drain, reserving 100ml pasta water.
2 Pour the dill sauce from the salmon into a large sauté pan or frying pan with the basil stalks and cook over a medium heat for 1 min or until sizzling. Add the peas and the reserved pasta water, and cook for 2-3 mins until the peas are cooked and the liquid is simmering.
3 Stir in the pasta, break up the salmon and add that too. Remove from the heat and stir in the crème fraîche and most of the cheese; mix well. Season to taste, then scatter with the basil leaves and remaining cheese to serve.

Each serving contains

| Energy | Fat | Saturates | Sugars | Salt |
|---|---|---|---|---|
| 2111kJ 503kcal | 15g | 7g | 8g | 1g |
| 25% | 22% | 33% | 9% | 17% |

of the reference intake. See page 7.
Carbohydrate 56g Protein 29g Fibre 13g

RECIPES **MIRIAM NICE** PHOTOGRAPHY **KAREN THOMAS** FOOD STYLING **ELLA TARN**
PROP STYLING **JENNY IGGLEDEN** *Timings correct for a 700W microwave

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Get the most from...

# Slow-cookers

This kitchen appliance isn't just for hearty stews and winter warmers – try these tips to make the most of your slow-cooker all year round

## SLOW-COOKER 101

**Q WHAT IS A SLOW-COOKER?**
A slow-cooker simmers food at a lower temperature than other cooking methods (like roasting or boiling), over a longer period of time. Heat transfers from the bottom of the pot (known as the crock), and the lid stops liquid evaporating, making it ideal for stews, casseroles and curries.

**Q HOW LONG DOES IT TAKE TO COOK THINGS?**
There are usually high and low heat settings, so if you're converting a recipe which calls for 1-2 hrs of cooking, this would be 3-4 on high or 6-8 on low. Low and slow will bring out the best flavours and prevent burning.

**Q ARE THEY EXPENSIVE TO RUN?**
They range from 4p per hour (for machines smaller than 3.5ltr) to 10p per hour (for larger 5ltr ones)*. Compare this to an oven, which costs around £1 per hour.

**Q IS IT EASY TO CLEAN?**
Yes – after it's cooled, remove the lid and crock and clean with warm, soapy water. You can also buy liners to make the cleanup even easier: try **Toastabags Slow Cooker Liners 5-pack, £1** (20p/each).

**Q CAN IT HELP MY HEALTH?**
Yes – it's not just for rich and meaty recipes. You can also try lighter, veg-packed options like ratatouille, cassoulet and paella. The low and slow temperature can also help to preserve nutrients in your food (compared to frying or roasting)**.

**4p**

The cost of running a slow-cooker under 3.5ltrs for 1 hour

## BUYING GUIDE

| 1-2 people | 2-4 people | 4+ people |
|---|---|---|
| 1.5-3.5ltr | 3.5-5ltr | 5-7ltr |
| A slow-cooker this size will take up less space, too. | A good-sized appliance for cooking family meals. | Feeding a crowd or want leftovers? Try this size. |



## MYTH BUSTER
TRUE or FALSE

**FALSE** YOU CAN'T SEAR INGREDIENTS IN A SLOW-COOKER
More expensive models may have a removable aluminium bowl, which you can put on the hob so you can sear meat before slow-cooking. This helps to improve the meat's texture and locks in flavour.

**TRUE** YOU CAN LEAVE IT ON WHEN YOU'RE OUT OF THE HOUSE
Unlike the oven, slow-cookers are safe to leave unattended for eight hours – as long as they're on a low heat and positioned on a flat surface, with their plug away from liquids. This means you can go to work and return to a cooked meal, or keep it on overnight while you sleep.

**TRUE** SLOW-COOKING DOESN'T NEED OIL
Unlike cooking on the hob, oil isn't always necessary, as there's often enough liquid inside to cook your ingredients.

We love Tesco 3ltr Slow-cooker, £17.50

*Source: bbcgoodfood.com **Source: drweil.com



## SLOW-COOKER SATAY CURRY

**Serves** 4 V ❄
**Takes** 4 hrs 15 mins
**Cost per serve** £1.01

MAKE AHEAD Keep in the fridge for up to 3 days, or freeze for 3 months. To get ahead, follow step 1, then chill for up to 24 hrs before slow-cooking as per the recipe.

**£1.01**
**per serve**

- 400ml tin light coconut milk
- 2 tbsp mild curry powder
- 1 reduced-salt vegetable stock cube, crumbled
- 4 tbsp smooth or crunchy peanut butter
- 1 small butternut squash (about 800g), peeled, deseeded and cut into 3-4cm chunks
- 200g frozen peas
- 125g baby spinach
- 1 lime, juiced
- cooked rice, to serve (optional)

**1** Put the coconut milk, curry powder, stock cube, peanut butter and squash in a 3.5ltr slow-cooker. Add 100ml water and mix well.
**2** Cook on low for 3½–4 hrs until the squash is tender. Stir in the frozen peas for the final 15 mins, then turn off the slow-cooker and tip in the spinach and gently stir through the curry until it has wilted. Stir in the lime juice and taste for seasoning. Serve with rice, if you like.

Each serving contains

| Energy | Fat | Saturates | Sugars | Salt |
|---|---|---|---|---|
| 1296kJ 311kcal | 16g | 7g | 13g | 1g |
| 16% | 23% | 33% | 14% | 16% |

of the reference intake. See page 7.
Carbohydrate 26g Protein 11g Fibre 7g

### WHAT FEATURES SHOULD I LOOK OUT FOR?

**Removable ceramic or aluminium bowl**
Allows you to sear meat on the hob before slow-cooking.

**'Keep warm' setting**
Will keep your food warm until you're ready to serve.

**Countdown clock**
Helps you work out exactly when your meal will be ready.

**Multi-function**
More expensive models may also air-fry or pressure-cook.

**Temperature probe**
Helps you keep track of internal temperatures (especially of meat).

**Temperature setting**
Will allow you to be more specific than just 'high' or 'low'.

## TOP TIPS

1. Every time you open the lid, you'll release the heat – which increases the cooking time. Trust the process and wait until the time's up.

2. If your lid isn't snug, lay a sheet of baking paper over the top of the crock, then put the lid on for a tighter fit.

3. If your slow-cooker gets hotter in one part, carefully rotate the crock to ensure heat distributes more evenly.

## DOS AND DON'TS

### DO USE IT FOR...

**✓ Cheesecake**
Wrap the sides and base of a springform cake tin with foil and build your cheesecake inside. Pour boiling water into your slow-cooker, lay the cake tin on top and cook for 2½ hrs on the lowest setting. (Find the full recipe at tes.co/slowcheesecake.)

**✓ Aubergines**
Normally aubergines absorb loads of oil, but slow-cooking avoids this – plus they get that melt-in-the-mouth texture. Try in curries, or layer with cheese and chopped tomatoes for a parmigiana.

### DON'T USE IT FOR...



**✗ Soft vegetables**
Root veg works well due to the long cooking time, but softer veg like asparagus, courgettes and peas can go mushy. Add them towards the end of the cooking time to help them retain shape and flavour.



**✗ Dried kidney beans**
Slow-cookers don't get hot enough to kill the toxins in these beans, meaning they can make you unwell – cook with tinned varieties instead. Dried lentils can be added, but dried pulses like chickpeas or cannellini beans need to be soaked first.



**✗ Fresh herbs**
Rosemary and thyme maintain their structure, but soft herbs like basil and coriander will lose their flavour. Instead, stir into dishes at the end of cooking; the same goes for pasta and rice.





## PULLED PORK SOUVLAKI FLATBREADS WITH SLAW

**Serves** 8 ❄ freeze cooked pork
**Takes** 6 hrs 15 mins plus marinating
**Cost per serve** £1.60

**MAKE AHEAD** Marinate the meat overnight to boost the flavour, then put in the slow-cooker in the morning.

**CLEVER SWAP** Serve with rice instead of wraps: to serve 6, stir 450g cooked rice through the pork juices, then serve with the pork and slaw.

1.8kg pork shoulder joint
8 garlic cloves, crushed
2 tbsp dried oregano
3 lemons, 1 zested, all juiced
2 tbsp olive oil
1 tsp each fine salt
1 tsp freshly ground black pepper

*To serve*

3 tbsp vegetable oil
2 tsp caster
2 tbsp white wine vinegar
¾ white cabbage (about 550g), finely shredded
2 eating apples, peeled, cored and thinly sliced
6 spring onions, thinly sliced
8 flatbreads, tortilla wraps or pittas
tzatziki, houmous, sliced red onion and tomato, to serve (optional)

**1** Remove and discard the rind from the pork joint, along with any thick layer of fat below it. Roughly cut the meat into about 8 chunks. Mix together the garlic, oregano, lemon zest, juice of 2 lemons, olive oil, and the fine salt and freshly ground black pepper. Coat the pork with the marinade in a food bag or container. Chill overnight, or for up to 24 hrs.

**2** Transfer the pork and marinade to the slow-cooker. Cook on low for 6 hrs (or on high for 3 hrs) until the meat pulls apart easily.

**3** Meanwhile, make the slaw. Mix the remaining lemon juice with the vegetable oil, sugar and vinegar in a large mixing bowl. Add the cabbage, apple and spring onions and toss well.

**4** To serve, use tongs to lift the meat from the juices onto a serving plate. Warm the flatbreads or wraps and fill with pulled pork and the crunchy slaw, along with dips and salad, if you like. The pork and slaw will keep in the fridge for up to 3 days.

Each serving contains

| Energy | Fat | Saturates | Sugars | Salt |
|---|---|---|---|---|
| 1875kJ 449kcal | 22g | 5g | 9g | 1.2g |
| 22% | 31% | 24% | 10% | 20% |

of the reference intake. See page 7.
Carbohydrate 28g Protein 32g Fibre 5g



## SLOW-COOKER SODA BREAD WITH SPRING HERBS

**Makes** 1 x 750g loaf
**Takes** 2 hrs 15 mins
**Cost per serve** 28p

- 250g white self-raising flour, plus extra for dusting
- 250g wholemeal plain flour
- 15g cold butter, diced
- ¾ tsp fine salt
- 1 tsp caster sugar
- 1½ tsp bicarbonate of soda
- 20g pack chives, finely snipped
- 20g parsley or dill, finely chopped
- 284ml pot buttermilk
- 125ml milk

**1** Line the base and a little up the sides of the slow-cooker with a single sheet of baking paper. Mix the flours in a bowl, add the butter and rub in with your fingers until it feels like small crumbs. Stir in the salt, sugar, bicarbonate of soda and chopped herbs.

**2** Mix the buttermilk and milk in a jug. Make a well in the middle of the flour mix, add the liquid and mix to form a soft, shaggy dough. Tip onto a lightly floured surface and knead just a few times to bring the mixture together – do not overwork the dough. With floured hands, shape the dough into a round to fit your slow-cooker pot, then lift it in.

**3** Slash a deep cross in the top using a floured knife. Cover the pot with a clean tea towel before adding the lid, then cook on high for 2 hrs. Check the bread is cooked in the middle – the top will be soft but set, the sides and bottom crusty. If it's not ready, keep cooking for 10-min intervals until done. Use the paper to lift the loaf from the slow-cooker; allow to cool for 20 mins, then enjoy warm or at room temperature. Will keep for 3-4 days.

Each slice (18) contains

| Energy | Fat | Saturates | Sugars | Salt |
|---|---|---|---|---|
| 706kJ 167kcal | 2g | 1g | 8g | 0.7g |
| 8% | 3% | 6% | 9% | 11% |

of the reference intake. See page 7.
Carbohydrate 27g Protein 9g Fibre 2g

# 3 HEALTHY HABITS

### 1. UP YOUR VEG

If you want dinner on the table fast, you may not have time to wait for root veg to roast – but putting them in the slow-cooker during the day means you can enjoy vegetables you wouldn't normally have time for.

### 2. PREP AHEAD

You can peel and chop in advance, or even add frozen veg to your slow-cooker, meaning you can plan more variety and abundance of vegetables too.

### 3. TRIM THE FAT

With slow-cooking, you can't drain fat like you would when frying, so trim your meat – this makes it a little healthier, while also preventing excess oil in your curries or stews.

**24%**

**of Brits are trying to save money in the kitchen by swapping the oven for more energy-efficient devices***

**GIVE ME MORE!**

*Want more slow-cooker recipes? Scan this QR code to find lots of ideas.*

WORDS **JESS HERBERT** RECIPES **SARAH COOK** PHOTOGRAPHY **TOBY SCOTT**
FOOD STYLING **EMMA JANE FROST** PROP STYLING **LUIS PERAL** *Source: yougov.co.uk




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# Too good to waste

Thrifty tips to reduce waste, save money and be a little more sustainable

## USE IT UP

**Speedy ideas for using up leftover ingredients from the recipes in this issue**

### SPAGHETTI

This will keep in the storecupboard for up to a year. Use cooked spaghetti in stir-fries, or break up to bulk out soup.

### CUCUMBER

Make cucumber last longer by wrapping the exposed end or, if it's been sliced, laying between sheets of damp kitchen paper to keep crisp. Use up by grating, draining in a tea towel and combining with yogurt, dill, garlic and lemon juice to make a tzatziki dip.

### ROASTED SALTED CASHEWS

Use instead of peanuts for a speedy satay sauce, or bake into chocolate cookies to balance the sweetness.



### MISO PASTE

Add umami to both sweet and savoury recipes – try in cheese sauces or ramen broth, as well as blondies or apple cakes.



### OLIVES

Blitz pitted olives in a food processor with garlic, parsley, lemon juice and olive oil for tapenade to spread onto crostini, swirl through pasta or marinate meat.

### FROZEN BROAD BEANS

Boil and pulse with lemon juice, oil and Parmesan for a cheaper pesto, or add to spring salads with tomato and some watercress.

### FETA

Feta can be frozen for up to three months. Crumble and freeze on a baking tray before putting in a freezer bag. Thaw in the fridge and use it in cooking – it will be crumblier and lose some flavour.



### WHITE CABBAGE

Revive limp leaves by placing in a bowl of iced water for 1-2 minutes. Boil leaves and stuff with mince to make cabbage rolls, or add into soups or stews at the end of cooking.

**£680 MILLION**

worth of bread is thrown away each year by UK households*

## LEFTOVER EASTER CHOC?

**Create hot chocolate** by stirring chopped chocolate into hot milk.



**Spruce up cocktails** by melting and swirling inside the glass of your Mudslide or grating over Espresso Martinis.

**Add depth to chillis,** Bolognese or stews with chunks of high-cocoa dark chocolate.

WORDS **JESS HERBERT** PHOTOGRAPHY **TOBY SCOTT** FOOD STYLING **EMMA JANE FROST**
PROP STYLING **LUIS PERAL** *Source: WRAP (doesn't include bread found in sandwiches or meals)

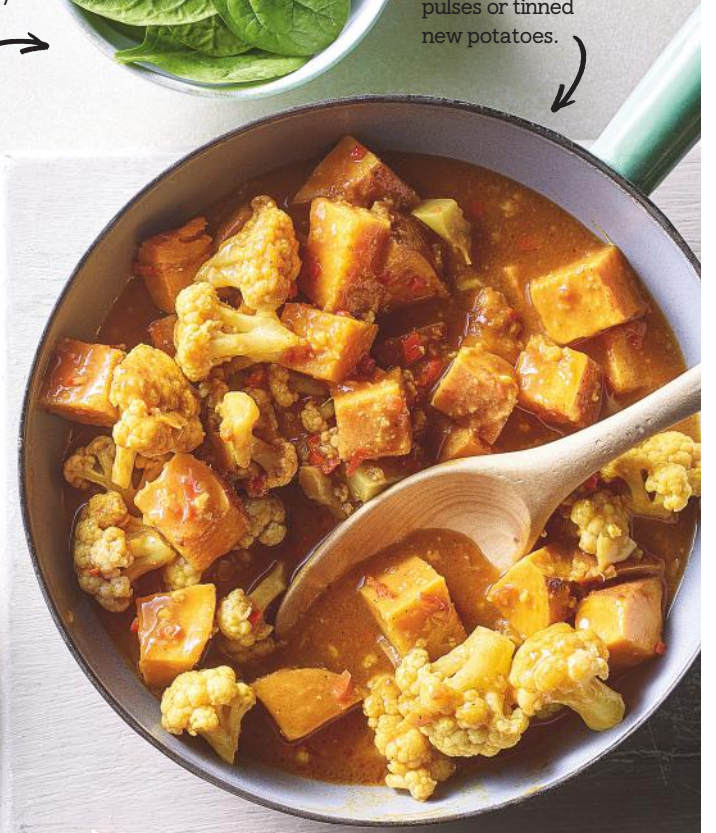
# FRIDGE-RAID FEASTS

Transform your leftovers into a family-friendly curry...



**1 Storecupboard stars** Curries give tins a chance to shine. For the base, use coconut milk or chopped tomatoes. Then bulk out with pulses or tinned new potatoes.

**2 Throw in the veg** Most veg you have already will work, but try frozen cauliflower, peas, sweet potato or squash, or fresh aubergine or spinach. Sprinkle in dried fruits, as 30g of apricots or raisins counts towards your 5-a-day.





**3 Flavour bombs** Most of the spices you need will already be in your rack: turmeric, cumin, ginger and chilli powder. Try adding peanut butter to bring depth and creaminess, honey for sweetness or lime juice for zing.





**4 Mighty meat** Add leftover Easter meats like lamb or beef. Fish, especially salmon or trout, works. Put cooked meats in near the end to prevent overcooking.

**5 To serve** Try rice or noodles; mini naans toast from frozen. Make cauliflower 'rice': grate and put in a heatproof bowl; cover. Microwave for about 7 minutes.

## How to... MAKE HOT CROSS BUNS GO FURTHER



### STORE

Fresh hot cross buns have a short shelf life, so keep them in a cool, dry place in the packet. Avoid the fridge as they'll go stale quicker.

### USE IT UP

Slice and layer with ice cream for sweet sandwiches; tear to use for the base of trifles; add eggs and bacon for a brunch; or chop, bake and add to granola.

### REVIVE

Sprinkle stale buns with water and heat for a few minutes in the oven. Or blitz into breadcrumbs and use to top crumbles.

### FREEZE

Slice them in half before freezing to make them easier to reheat, wrap well, then heat from frozen in the toaster.

**GIVE ME MORE!**

*Scan this QR code to find more tips for using up leftovers, and recipes.*



# Sweetest Pea Guaranteed

## Swap avocado for smashed peas




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**Spinach & goat's cheese fatayer** p58

# TOGETHER FOR EID

Mark the end of Ramadan and celebrate Eid al-Fitr this month with make-ahead recipes to share



*'My food celebrates my heritage from Oman and Zanzibar, combining their histories with UK influences I've grown up with, as well as the Middle East'*

Dina Macki is a British food writer, recipe developer and presenter, @dinewithdina

## SPINACH & GOAT'S CHEESE FATAYER

**'Fatayer are found across the Middle East, filled with spinach, cheese and sometimes meat – they're not dissimilar to mini pizzas. You'll find them in almost every household during Ramadan, for breaking fast.'**

**Makes** 22 (V) (❄) freeze unbaked
**Takes** 1 hr
**Cost per serve** 33p

**MAKE AHEAD** Make the fatayer up to the end of step 3, crumble over the cheese, then freeze. To cook, brush with egg, then bake from frozen for an extra 5-10 mins until golden.

3 x 145g packs pizza base mix
1 tbsp olive oil
1 red onion, finely diced
300g baby spinach, roughly chopped
2 tbsp honey
2 tbsp sumac or ½ lemon, zested
60g pine nuts (optional)
2 tbsp balsamic vinegar
65g soft goat's cheese
1 medium egg, beaten

**1** Make up the pizza base mixes to pack instructions. Knead for 5 mins until smooth, then divide into 22 equal pieces (about 30g each). Shape into balls and transfer to lined baking trays. Set aside in a warm place for 10 mins.
**2** Meanwhile, heat the oil in a large frying pan over a medium heat. Fry the onion for 5 mins, then add the spinach and stir to wilt. Add the remaining ingredients, apart from the cheese and egg, and stir well. Cook over a medium-high heat for 5-6 mins until most of the liquid has disappeared, then remove from the heat and set aside to cool slightly.
**3** Preheat the oven to gas 6, 200°C, fan 180°C. Roll a dough ball into an oval about 10cm long, then spoon 1 tbsp filling into the centre, leaving a border around the edge. Firmly pinch together the sides at each end to create a boat shape, then transfer to a lined baking tray. Repeat with the remaining dough and filling.
**4** Crumble the cheese over the fatayer and brush the edges with beaten egg. Bake for 16-20 mins until golden, then serve.

Each piece contains

| Energy | Fat | Saturates | Sugars | Salt |
|---|---|---|---|---|
| 103kJ 435kcal | 3g | 1g | 2g | 0.1g |
| 5% | 4% | 5% | 3% | 2% |

of the reference intake. See page 7.
Carbohydrate 16g Protein 4g Fibre 1g
Source of protein; source of vitamin A

## CINNAMON & APRICOT TARTE TATIN

**'We drink a lot of apricot juice during Ramadan, so I've taken the traditional flavour and made it into a fun dessert for Eid – always my favourite to bring for a celebration.'**

**Serves** 8 (V)
**Takes** 45 mins
**Cost per serve** 58p

2 x 411g tins apricot halves in juice, drained and patted dry
2 tbsp ground cinnamon
110g caster sugar
30g unsalted butter, diced
375g pack reduced-fat puff pastry
vanilla ice cream or cream, to serve (optional)

**1** Toss together the drained apricots and cinnamon in a bowl; set aside.
**2** Put the sugar in a 23cm oven-safe frying pan over a low-medium heat. Allow to melt, keeping a close eye on it – swirl the pan occasionally but don't stir. When it turns golden, remove from the heat and stir in the butter (it may spit a little).
**3** Preheat the oven to gas 7, 220°C, fan 200°C. Arrange the spiced apricots over the caramel in the pan, making sure there are no gaps.
**4** Unroll the pastry and lay over the top to cover the apricots completely, trimming to fit the pan, with enough of a border to tuck the edges down around the fruit to make a crust. Poke holes all over the pastry with a fork, then bake for 20 mins or until risen and golden. Leave to rest for 5 mins, then carefully invert the tart onto a plate. Serve warm with ice cream or cream, if you like.

Each serving contains

| Energy | Fat | Saturates | Sugars | Salt |
|---|---|---|---|---|
| 919kJ 219kcal | 8g | 4g | 19g | 0.2g |
| 11% | 12% | 22% | 21% | 3% |

of the reference intake. See page 7.
Carbohydrate 32g Protein 3g Fibre 3g
Source of fibre



Storecupboard show-stopper

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*Market research, 300 people, USA 2020. Visit [www.sensodyne.com/IPS OS] for details.
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## MA'AMOUL

'Ma'amoul are a traditional shortbread usually made with flour or semolina and ghee or butter for a melt-in-the-mouth texture. They are stuffed with dates or nuts. Families across the Middle East will make hundreds of these for Eid or Easter.'

**Makes** 25 V ❄ freeze unbaked
**Takes** 35 mins plus optional chilling
**Cost per serve** 18p

210g plain flour
50g icing sugar, plus extra for dusting
1 tbsp ground cinnamon
170g unsalted butter, melted and cooled slightly
200g pack medjool dates, pitted

**1** Mix the flour, icing sugar and cinnamon in a mixing bowl. Add the butter and use your hands to bring everything together in a smooth dough – there should be no flour left over. Cover with clingfilm and leave to rest.

**2** Meanwhile, put the dates in a food processor and blitz to a thick purée. Divide into 25 pieces and shape into balls.

**3** Divide the dough into 25 pieces (about 17g each), roll into balls, then flatten in your palm. Place a date ball in the centre, then wrap the dough around it. Smooth out, then flatten into a fat disc. Transfer to a plate lightly dusted with icing sugar; repeat with the remaining dough and filling.

**4** Use a ma'amoul mould, if you have one, to make patterns on the biscuits, or use a fork or cut-crystal glass. If you have time, transfer to the fridge for 1 hr to firm up.

**5** Preheat the oven to gas 6, 200°C, fan 180°C. Transfer to lined baking trays and bake the ma'amoul for 12-13 mins until the base is golden. Transfer to a wire rack and leave to cool completely. Dust with more icing sugar to serve. Will keep for up to 2 weeks in an airtight container.

Each ma'amoul contains

| Energy | Fat | Saturates | Sugars | Salt |
|---|---|---|---|---|
| 477kJ 114kcal | 6g | 4g | 7g | 0g |
| 6% | 8% | 18% | 7% | 0% |

of the reference intake. See page 7.
Carbohydrate 14g Protein 1g Fibre 1g

# REACH FOR THE MOON!

**These crescent-shaped samosas are food writer Anisa Karolia's (@anisagrams) take on the traditional snack, to celebrate the new moon and the start of Eid**



## SAMOSA MOONS

**Makes** 30 V ❄
**Takes** 2 hrs plus cooling
**Cost per serve** 11p

200g potatoes, peeled and diced
50g carrots, peeled and diced
1 tbsp sunflower oil, plus extra for deep-frying
50g fine beans, trimmed and cut into 1cm pieces
50g fresh or frozen peas
1 onion, diced
1 tsp garlic paste (or 2 garlic cloves, crushed)
2 bird's-eye chillies, finely chopped
1 tsp each chilli powder, ground coriander and ground cumin
½ tsp garam masala
10g fresh coriander, finely chopped
2 spring onions, finely chopped
mango chutney and mint yogurt, to serve (optional)

*For the pastry*

400g plain flour, plus extra for dusting
20g ghee or unsalted butter, chilled

**1** Parboil the potatoes and carrots for 6 mins until tender; drain and set aside. Heat 2 tsp oil in a lidded wok or large frying pan over a medium heat. Add the beans, peas, onion, garlic, chilli and spices; stir to combine. Cover and cook until softened, around 4-6 mins, stirring halfway.
**2** Add the potatoes and carrots; season to taste. Cook for 3 mins more, stirring frequently. Remove from the heat and set aside to cool completely. Stir through the coriander and spring onions.
**3** In a small bowl, mix 10g flour with 20ml water to make a thin paste; set aside. Put the remaining flour, the ghee and ½ tsp fine salt in a large bowl or food processor. Use your fingertips to rub in the ghee until it resembles breadcrumbs (or pulse the processor). Gradually add 240ml just-boiled water until it just comes together to form a moist but not sticky dough (you may not need all the water).
**4** Tip onto a lightly floured surface; bring together into a ball. Halve; put half under an upturned bowl to stop it drying out. Roll out the other half into a large circle, about 2mm thick.
**5** Using a 9cm round cutter, cut out 15 discs. Spoon 1 tbsp filling into the centre of each disc, then use your finger to brush the flour paste around the border of each in a semi-circle.
**6** Fold the pastry in half over the filling and pinch to seal, crimping the edges with your thumb and two fingers. Make sure the samosas are completely sealed so they don't open during frying. Repeat with the remaining pastry and filling.
**7** Half-fill a large, deep saucepan with oil and heat over a medium heat to 175°C. If you don't have a thermometer, test the heat by adding a small piece of leftover pastry – it should bubble and rise to the surface. Fry the samosas in batches for 4-5 mins, turning frequently, until golden. Use a slotted spoon to transfer to a kitchen paper-lined plate to drain, then serve with mango chutney and mint yogurt, if you like.

Each samosa contains

| Energy | Fat | Saturates | Sugars | Salt |
|---|---|---|---|---|
| 375kJ 90kcal | 5g | 1g | 1g | 0.1g |
| 5% | 7% | 5% | 1% | 1% |

of the reference intake. See page 7.
Carbohydrate 10g Protein 1g Fibre 1g

**Why not try?**

You can also make these using lamb or chicken mince – just brown off the mince, then follow the same method.

**GIVE ME MORE!**

*Look out for samosas featuring in Tesco's next Food Love Story.*

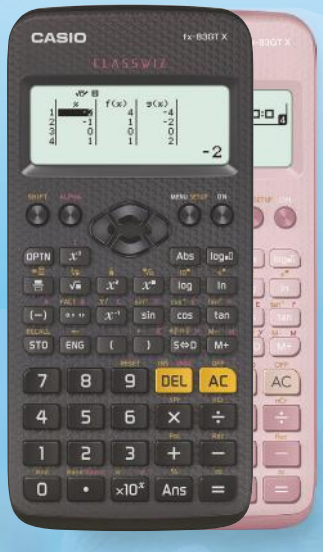
PHOTOGRAPHY **KAREN THOMAS** FOOD STYLING **LUCY O'REILLY** PROP STYLING **VICTORIA ELDRIDGE**

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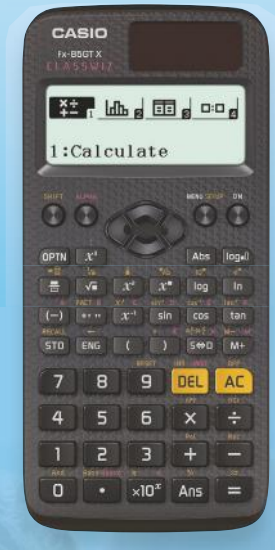
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# Jamie's SPRINGTIME STARS

Looking to up your veg intake with recipes that are delicious and nutritious? Jamie has you covered

*'I'm welcoming brighter days with three veg-packed recipes that hero the best of seasonal produce and really pack a punch with flavour and texture. From vibrant salads to storecupboard spaghetti, my springtime recipes focus on healthier, fresher, budget-friendly cooking'*



**Scan this QR code to find the recipe for Jamie's Veggie Caesar salad.**

## CRISPY POTATO & EGG SALAD

**Serves** 4 V GF
**Takes** 35 mins
**Cost per serve** £1.18

**1kg new potatoes**
**olive oil**
**4 large eggs**
**1 cucumber**
**100g radishes**
**red wine vinegar**
**300g frozen peas**
**8 tbsp Greek yogurt or crème fraîche**
**2 tsp Dijon mustard**
**extra-virgin olive oil**
**30g fresh soft herbs, such as mint, dill, parsley**

**1** Scrub and chop the potatoes into 2cm chunks, then place in a large, nonstick pan on a medium heat with 2 tbsp olive oil; season. Cook for 20 mins, stirring regularly, until golden and cooked through.
**2** Meanwhile, put the eggs in a medium pan, cover with cold water, place on a high heat and bring to the boil. Reduce the heat to low and simmer for 6 mins. Peel the cucumber, then cut in half lengthwise, remove the seeds and thickly slice on an angle. Trim and finely slice the radishes, then put it all in a bowl with a splash of red wine vinegar and a pinch of salt; set aside to pickle.
**3** When the time is up on the eggs, carefully transfer them to a bowl of ice-cold water. Add the frozen peas to the pan of boiling water and cook for 3 mins, then drain and refresh under cold water. Add the peas to the pickling bowl.
**4** In a small bowl, mix together the yogurt, mustard, 1 tbsp extra-virgin olive oil and 2 tbsp red wine vinegar. Finely chop most of the herb leaves, reserving a few small ones for later, then add to the bowl and season.
**5** To serve, tip the hot potatoes onto a serving dish and toss with the drained pickled vegetables. Peel and cut the eggs in half and dot over the top. Dollop over the yogurt dressing and scatter with the remaining herbs.

Each serving contains

| Energy | Fat | Saturates | Sugars | Salt |
|---|---|---|---|---|
| 1954kJ 466kcal | 21g | 5.5g | 8.5g | 1.5g |
| 23% | 30% | 28% | 9% | 25% |

of the reference intake. See page 7. Carbohydrate 52.7g Protein 19.3g Fibre 7.1g 2 of your 5-a-day and a source of protein, which supports the maintenance of normal bones

## FOOD WASTE HACKS

- Turn leftovers into a filling packed lunch.
- Pickle radishes in a mix of red wine vinegar and a pinch of sugar. Flavour with whole spices or mix in any leftover herbs you have.
- For a delicious sandwich filling, mash hard-boiled eggs with yogurt, mustard and herbs.



Perfect for Easter

'Golden, crunchy potatoes are a thing of beauty, but traditionally rely on a long time in the oven. In this delicious brunch recipe, I've fried new potatoes until crisp and golden, tossed them with quick pickled veg, then topped it all with soft-boiled eggs, a creamy dressing and fresh herbs – incredible!'


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**Storecupboard spaghetti with mackerel balls** p68



'These Italian-style fish balls are brilliant for getting fish into kids' diets. They're really fun to put together, and little ones will love getting involved. This simple recipe heroes leftover bread and storecupboard staples for a quick midweek family meal that ticks all the boxes'

TESCO with Jamie Oliver

# STORECUPBOARD SPAGHETTI WITH MACKEREL BALLS



**Serves** 4 DF ❄ freeze mackerel balls only
**Takes** 35 mins
**Cost per serve** £1.45

**400g tin cannellini beans**
**200g sliced white bread**
**1 lemon**
**2 x 125g tins mackerel in sunflower oil**
**300g dried spaghetti**
**2½ tbsp olive oil, plus extra to serve**
**2 garlic cloves**
**2 x 400g tins plum tomatoes**
**80g bag watercress, spinach and rocket**

**1** In a large bowl, drain and mash the cannellini beans with a fork. Briefly wet the bread with cold water and mash into the beans. Finely grate in the lemon zest, drain and add the tinned fish, then season. Use clean hands to combine well and form into 24 balls.
**2** Cook the spaghetti to pack instructions. Drizzle 2 tbsp olive oil into a large frying pan on a medium heat and cook the mackerel balls for 5-10 mins, gently turning until evenly golden.
**3** Peel and slice the garlic. Remove the mackerel balls to a plate while you make a quick tomato sauce. Add the garlic to the pan with the remaining ½ tbsp oil. Fry for a few secs until lightly golden, then scrunch in the tinned tomatoes with clean hands; season. Simmer for a few mins until thickened.
**4** Once the spaghetti is cooked, reserve a mugful of pasta water, then drain. Add the spaghetti to the tomato sauce, tossing gently, adding splashes of pasta water until the spaghetti is well coated. Divide between dishes, pop the mackerel balls on top and serve alongside the salad leaves dressed with lemon juice, a little olive oil and pepper.

Each serving contains

| Energy | Fat | Saturates | Sugars | Salt |
|---|---|---|---|---|
| 2740kJ 651kcal | 18.6g | 3.2g | 11.6g | 1.6g |
| 33% | 27% | 16% | 13% | 27% |

of the reference intake. See page 7. Carbohydrate 92.9g Protein 29.8g Fibre 9.4g 2 of your 5-a-day and high in vitamin B12, which supports the reduction of tiredness and fatigue

## FOOD WASTE HACKS

- Switch out the mackerel for tinned tuna or salmon.
- Use frozen garlic instead of fresh, if that's what you have.
- Coarsely blitz any leftover bread and fry with garlic and oil to make a crunchy crumb, great for sprinkling on pastas or soups.

# FOOD HERO

## HOW TO EAT: CANNELLINI BEANS

**Creamy cannellini beans are an unsung hero of the storecupboard. They're brilliantly versatile and a good-value, plant-based protein that can be used to bulk out your favourite meals – but are also more than capable of being the star of the show. I always have a couple of tins of these bad boys in the cupboard on standby.**

**SALAD** Drain and rinse the cannellini beans under cold running water. Finely grate over some lemon zest and squeeze over the juice. Scatter over some chopped olives, sundried tomatoes and a handful of finely chopped fresh herbs, such as dill, basil or parsley, and toss everything together.

**SOUP** Blitz a drained tin of cannellini beans with a softened onion, some vegetable or chicken stock, and a handful of leafy greens, such as spinach, cavolo nero or chard. Sprinkle over some finely chopped rosemary (or dried) and freshly ground black pepper.

**DIP** Blitz a drained tin of cannellini beans with a dollop of tahini, a squeeze of lemon juice and a pinch of sweet smoked paprika. Great as a packed lunch with pitta and crunchy veg, or serve on a board as part of a snack spread.

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Aquafresh

HALEON

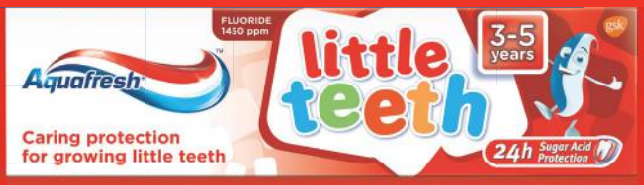
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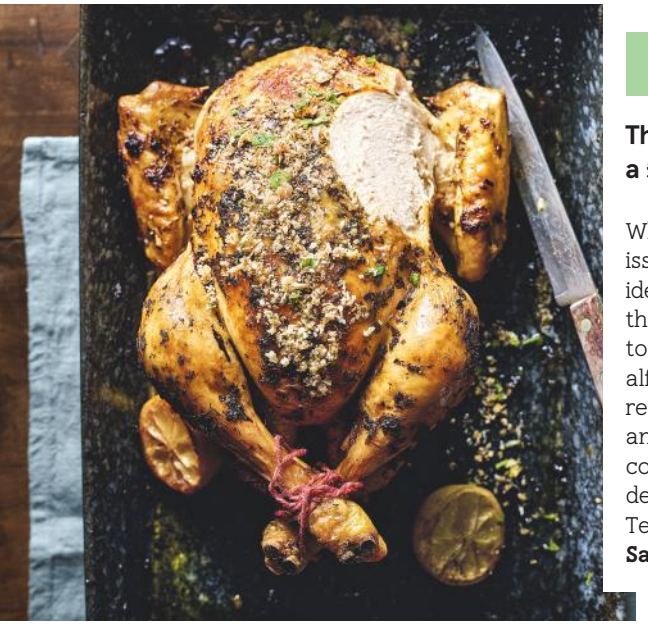

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## STAR LETTER

**This Star Letter has won a £50 giftcard**

What a lineup in the February issue. The chicken leftovers ideas were genius. We used the leftover roast chicken to make the Chicken & leek alfredo. What a treat! The recipe has been cut out and popped into the family cookbook. It's absolutely delicious and so simple. Big Tesco mag fans in this house! **Sabina, via email**

Picked up the Tesco magazine and I think it's going to change my life. Dozens of free recipes. And a new issue every month. Blown away.

**@JordLPM**




## SEASONAL EATING

What a fabulous feature *Field to Fork* was (February). The recipes were fantastic. I made the Rhubarb & custard bread & butter pudding – delicious! Seasonal eating is such a sustainable way of changing my diet and has huge health advantages. I'll carry on checking for fruit and veg that are in season. Thank you so much! **Genna, via email**



## Your creations (tag #TescoMagazine for a chance to be featured)



**@cookingformysanity**
Mushroom, squash & barley pie from @tescofood magazine (January). This was incredible – I'm already looking forward to leftovers tomorrow!

**@tak_yeung**
Thought I'd cook the Wild mushroom dumpling stew from @tescofood (February) for tonight's dinner.






## Most-liked recipe

One healthy recipe in particular caught your eye in February: 'The Aubergine, bean & spinach curry is going to be a firm favourite in our house,' said Xa, via email. Manuela, via email, said: 'My husband was recently diagnosed with diverticular disease and has to follow a restrictive diet. I'm adding this curry to the weekly menu!'

*• This is the last time we will have a Star Letter – but we still love to receive your letters, emails and pictures, so don't stop sending them in!*

Please note social posts, emails and letters may be edited for length and clarity

# Soft touch

## Add a little luxury to your bathroom with a new set of super-fluffy towels

Give your bathroom a spring refresh with fluffy new towels. Fox & Ivy's towels are so good they've earned accreditation from the Good Housekeeping Institute, which independently assesses products on quality and performance. They're made with cotton and Tencel™ fibres, making them gorgeously soft, and feature clever Hygrocotton® technology, which means they get softer and fluffier after every wash and tumble dry. Treat yourself. Your bathroom will thank you.

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# From digestion to immunity, your cat's gut health plays a major role in their overall health and happiness.



## What exactly is the gut microbiome?

The microbiome is an ecosystem containing trillions of micro-organisms that live in the gut and are unique to each cat.

## Why is it important to support gut health in cats?

Having a healthy gut mircrobiome is important for digestive health. The cells which line the large intestine absorb the majority of their energy from the nutrients that are created by the microbiome as they break down food materials.

## How does Purina ONE® help your cat's microbiome?

Purina ONE® contains chicory, a prebiotic and Lactobacillus, a probiotic which are scientifically proven to help support the gut microbiome balance. From healthy digestion and shiny coat, to strong natural defences, you can see visible results in your cat's digestion within 14 days.




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# BRING **SPRING IN**

Take a walk on the wild(flower) side with the new WWF collection - and you'll be supporting a conservation charity too



WWF Rewilding Floral Double Duvet Set, £16

## *About* THE COLLECTION

There's no place like home, and that's why Tesco's second collection with WWF celebrates UK plants and wildlife. The mix of birds, insects and plants is not only beautiful, but they are also all species to look out for in the UK. Better still, Tesco will donate 5% of the retail price of each item in the range sold to WWF-UK*.

TESCO HOME | WWF

*Tesco Stores Limited will donate 5% of the retail price of each product in the '2023 Tesco for WWF' range sold in Tesco stores to WWF-UK (registered charity no 1081247 in England and Wales and SCO39593 in Scotland). Tesco commits to donating a minimum of £80,000 in connection with this range. To find out more about how Tesco and WWF are working together, visit wwf.org./uk/tesco




WWF Wildflowers Alphabet Mug, £5 each; Nature Mug, £4.50; Tea Towel 2-pack, £5

## Why not try?

Adding floral patterns to your home can feel daunting. Start small with a few accent cushions or mugs.





## DRAWING INSPIRATION

Every plant, bird and insect illustration on these beautiful prints has been hand-drawn with love, and reflects the beauty of these real-life species.

Beaded Butterfly Cushion, £11; WWF Wildflowers Cushion, £12; Foxglove Cushion, £14; Matelasse Cushion, £14



## FLOWER POWER

Everything you need for an elegant afternoon tea. WWF Wildflowers Teapot, £12.50; Cup & Saucer, £5; Tea for One Set, £15; Mug, £4.50; Serving Plate, £7; Cake Stand, £15. **RIGHT** WWF Wildflowers Double Oven Glove, £6




*"Plumping cushions every week will help them look fuller, maintain their shape and keep them comfy"*

WORDS **JESS HERBERT**

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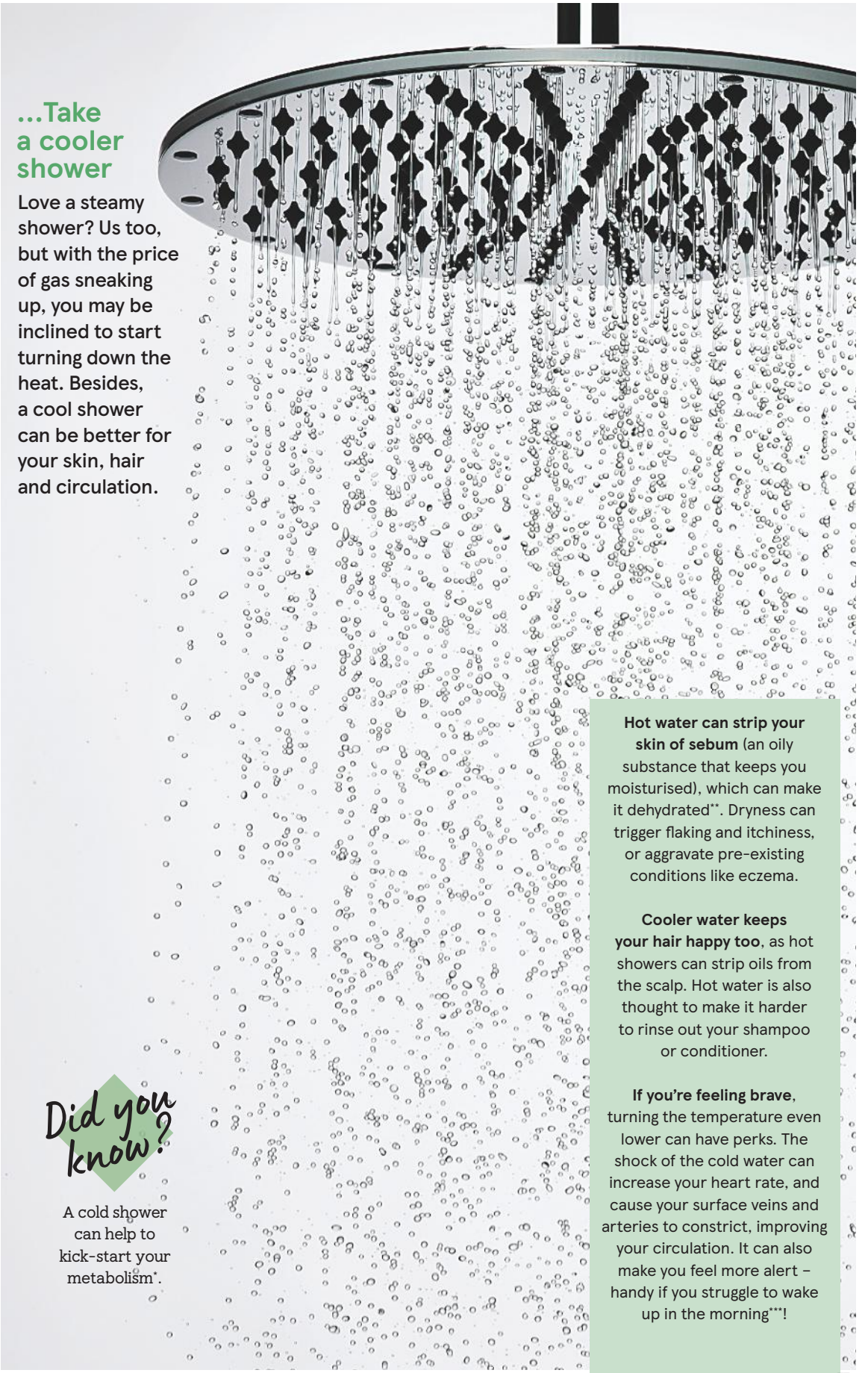
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While stock lasts. Available in the majority of stores.

# IF YOU MAKE ONE CHANGE...

## ...Take a cooler shower

Love a steamy shower? Us too, but with the price of gas sneaking up, you may be inclined to start turning down the heat. Besides, a cool shower can be better for your skin, hair and circulation.



**Hot water can strip your skin of sebum** (an oily substance that keeps you moisturised), which can make it dehydrated**. Dryness can trigger flaking and itchiness, or aggravate pre-existing conditions like eczema.

**Cooler water keeps your hair happy too**, as hot showers can strip oils from the scalp. Hot water is also thought to make it harder to rinse out your shampoo or conditioner.

**If you're feeling brave**, turning the temperature even lower can have perks. The shock of the cold water can increase your heart rate, and cause your surface veins and arteries to constrict, improving your circulation. It can also make you feel more alert – handy if you struggle to wake up in the morning***!

*Did you know?*

A cold shower can help to kick-start your metabolism*.

WORDS **JESS HERBERT** PHOTOGRAPHY **GETTY IMAGES**
*Source: healthline.com **Source: nivea.co.uk ***Source: theconversation.com

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In the know...

# Love your heart

We asked British Heart Foundation for their top tips on keeping your heart and blood pressure healthy





**SINDY JODAR** (senior cardiac nurse) and **VICTORIA TAYLOR** (senior dietitian) are from the British Heart Foundation

'Your blood pressure (BP) is the force your heart uses to pump blood around your body – this delivers oxygen and nutrients to other organs,' says Sindy. 'You need some pressure to keep your blood moving. Your BP naturally goes up and down, and it's fine for it to go up while you're moving about or exercising. It's when your overall BP is always high, even when resting, that you need to do something about it. Low BP (called hypotension) does not necessarily mean there's a problem, but high BP (hypertension) is associated with more risks,' says Sindy.

## WHAT IS HYPERTENSION?

If the higher digit of your BP reading is above 140 and the lower is above 90, you could have high blood pressure – known as hypertension. It means your heart has to work harder to pump blood around your body, which puts you at risk of health problems. The good news is, with a few lifestyle changes, you can often lower it.

## WHERE CAN I GET CHECKED?

If you're over 40 and healthy, get your BP checked at least every five years. But if you're at increased risk of developing high blood pressure, check it more often, ideally once a year. You can get your BP checked at:

**SOME PHARMACIES**
including free at Tesco pharmacies*

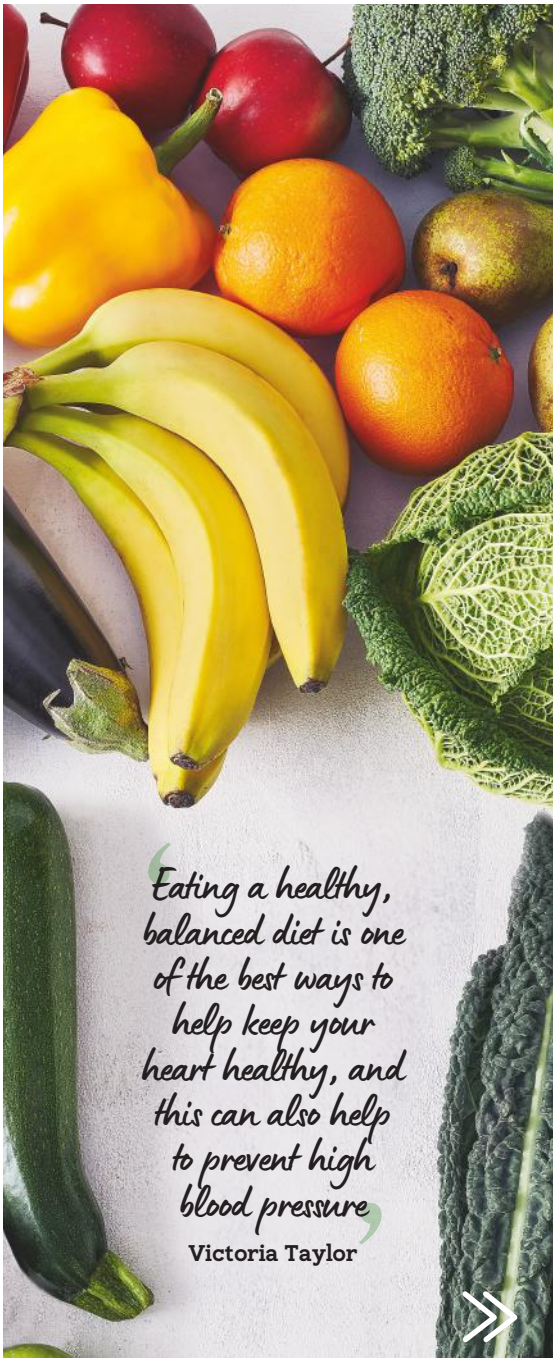
**GP SURGERIES**

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with a digital BP measuring device

**SOME WORKPLACES**

MORE THAN **1 in 4** ADULTS

in the UK have high blood pressure, but many will not know they have it.




*Visit tesco.com/pharmacy to book a free blood pressure check

## NUMBER CRUNCHING




**mmHg** Millimetres of mercury, a unit for measuring BP

## 5 LITTLE CHANGES

**High blood pressure could be lowered with lifestyle changes**

**1 Regular physical activity**
Try to do moderate-intensity activity daily, building up to at least 150 minutes a week, in bouts of 10 minutes or more.

**2 Keep to a healthy weight**
For some people, losing weight is a very effective way to get their blood pressure down to a normal level.

**3 Watch your drink**
Aim to drink no more than 14 units of alcohol a week, over three days. That roughly equals one bottle of 12% ABV wine and two pints of 4% beer.

**4 Quit smoking**
Smoking causes an instant rise to your blood pressure. Tesco pharmacies can support you with the transition to give up smoking.

**5 Reduce your salt intake**
Salt is in obvious foods like bacon and crisps, but also in things such as bread, cereals and biscuits. 'Check the labels,' says Victoria. 'Foods that are considered low in salt have 0.3g or less per 100g.'

*'This stew is low in salt and provides 3 of your 5-a-day'*

### HARISSA-SPICED FISH STEW

**Serves** 4
**Takes** 40 mins
**Cost per serve** £2.12

1 tbsp extra-virgin olive oil, plus 4 tsp
1 onion, sliced
2 red (or mixed-colour) peppers, sliced
3 garlic cloves, crushed
2 tbsp harissa paste
400g tin cherry tomatoes
½ x vegetable stock cube
1 cinnamon stick (optional)
400g tin chickpeas, drained
360g frozen white fish fillets (such as cod, hake or haddock)
30g pack coriander, roughly chopped
brown rice, to serve (optional)
1 lemon, cut into wedges to serve (optional)

1 Heat 1 tbsp oil in a large, lidded saucepan or flameproof casserole dish over a low heat. Add the onion and peppers, cover and cook for 7-8 mins until starting to soften. Stir in the garlic and harissa paste and cook for 5 mins, stirring often, until fragrant.
2 Add the tomatoes, stock cube and cinnamon stick, if using. Fill the tomato tin with cold water and tip into the pan. Season with black pepper and stir well. Loosely cover, bring to the boil, then reduce the heat and simmer for 10 mins.
3 Stir in the chickpeas and submerge the fish fillets in the sauce. Cover and simmer over a low-medium heat for 10-12 mins or until the fish is cooked through. Stir gently to carefully break the fillets into chunky pieces, then remove from the heat. Scatter with coriander and drizzle each portion with olive oil before serving with brown rice and lemon wedges for squeezing over, if you like.

Each serving contains

| Energy | Fat | Saturates | Sugars | Salt |
|---|---|---|---|---|
| 1209kJ 289kcal | 11g | 2g | 11g | 1.1g |
| 14% | 15% | 9% | 12% | 17% |

of the reference intake. See page 7.
Carbohydrate 20g Protein 23g Fibre 10g
High in protein, which supports the maintenance of normal bones





## Did you know?

Sometimes high blood pressure runs in families, and it can worsen with age. It is more common if you are of Black African, Black Caribbean or South Asian descent.



## MYTH

**Not seasoning with salt is the best way to cut down your salt intake.**

## FACT

Victoria says, 'Avoiding adding salt to your food is helpful, although this isn't the main source of salt in our diets. As much as 85% of the salt we eat is already in our foods when we buy them. We should aim to keep our daily salt intake under 6g a day (about one teaspoon) to maintain healthy BP.

## SPOT THE SIGNS

High blood pressure rarely has symptoms, but you may notice some of the following:

- **SHORTNESS OF BREATH**
- **CHEST PAIN OR TIGHTNESS**
- **DIZZINESS**
- **HEADACHES**
- **BLURRED VISION**

### GIVE ME MORE!

*For more information, visit bhf.org.uk/high-blood-pressure. To find lots more heart-friendly recipes, scan this QR code.*

WORDS **JESS HERBERT**, RECIPE **LUCY JESSOP**, PHOTOGRAPHY **GARETH MORGANS**
FOOD STYLING **LIZZIE HARRIS**, PROP STYLING **VICTORIA ELDRIDGE**

## Spotlight on...

# Intolerances

Does your tummy do somersaults after eating pizza? Or is milk in your coffee a no-no? Our experts offer advice on food sensitivity

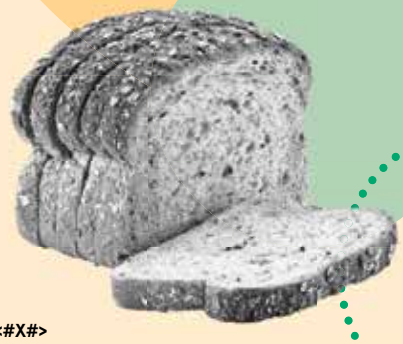












**6%**

of the population are thought to have a non-coeliac gluten intolerance*

Have you noticed more free-from products appearing in your local Tesco? Or extra symbols popping up on restaurant menus? In the UK, more people than ever before are becoming aware of food intolerances, and up to 20% of the population are experiencing symptoms that they think are due to a food hypersensitivity**. But despite this, many of us still don't understand the ins and out of intolerances.




**FROM LEFT: CLAUDIA EHRLICHER,** DIETITIAN **GEORGINA HARTLEY,** BLOGGER

## The science

We asked registered dietitian and health coach Claudia Ehrlicher (londondietitian.com) what 'intolerance' means. 'An intolerance occurs if the body is unable to digest a certain food, often due to a lack of digestive enzymes, or a sensitivity to certain chemicals,' she says. 'The most common intolerances are lactose, histamine and gluten.' An intolerance is different to an allergy; the latter involves the immune system, and symptoms can include 'breathing problems, itching skin or swelling and, in rare cases, a life-threatening reaction called anaphylaxis,' says Claudia. However, that doesn't mean intolerances aren't serious. They can make the sufferer unwell and have an impact on their life.

## Living with a food intolerance

Georgina Hartley writes a gluten-free blog (fromthelarder.co.uk), which she started after realising gluten didn't agree with her. 'In my mid-twenties I was really struggling to get through the day,' she says. 'I suffered with extreme lethargy, nausea and terrible brain fog.' This impacted all areas of her life. 'It was affecting my work and social life, and was taking a toll on my mental health,' she says. 'My GP wanted to prescribe me antidepressants, but it didn't feel like depression.'

If after eating you've experienced any of these symptoms (or others including stomach pain, bloating, excess gas, diarrhoea, headaches, and itchy skin), it may be worth investigating if you could have a food sensitivity. The best place to start is by keeping a note of what you eat and how it makes you feel. 'Making a food diary and tracking your symptoms is important, as intolerances are so subjective,' says Georgina. Write down what you eat for each meal and try to be specific (eg instead of pasta bake, write pasta with tomato sauce and grated cheese). Include drinks too, then write down if you had any symptoms – if so, what were they, when did they occur and how severe were they? Claudia recommends making notes for at least a week, but ideally two weeks to give you the best picture.

## Getting diagnosed

A formal diagnosis can be tricky to get. Home testing kits look tempting for a quick result, but Claudia warns against these as they're unreliable. Your best option is to work with a registered dietitian – your GP can refer you or you can find one yourself at bda.uk.com.

Self-diagnosis worked for Georgina, but you have to tread carefully. 'I tried cutting gluten out of my diet to see how that affected my energy levels,' she explains. 'It didn't change overnight but suddenly I realised that I hadn't been sick in a long time.' But Claudia reminds us that 'it's important to keep a nutritionally adequate diet, replacing the offending foods with equally nutritious alternatives', as cutting out foods without proof they are triggers can cause more harm than good. Try to pair dietary changes with medical advice to ensure you're still eating a balanced diet.

## Tweaks not changes

Being diagnosed feels like a huge diet upheaval, but it may not change that much. Claudia says, 'Even if certain trigger foods have been identified, it is – in most cases – not necessary to avoid them completely.' If you choose to work with a dietitian, they will 'eliminate possible trigger foods and reintroduce them to see at what level symptoms return.'

> *A dietitian will eliminate possible trigger foods and reintroduce them to see at what level symptoms return*
> **Claudia Ehrlicher**

Georgina shows how a diagnosis can change your life in positive ways. 'Gluten intolerance led to my career change!' she says. 'I always loved baking and I fell in love with all the different gluten-free flours – I now teach home bakers how to make the gluten-free transition.'

*This feature is not intended to provide medical advice in relation to Coeliac Disease. Coeliac Disease is a serious condition that can only be diagnosed by an expert. If you are concerned, please contact your GP in the first instance and ask to be tested.*

## Free-from finds

**Easy swaps for the staples you can't live without**



**Free From Korma Cooking Sauce 500g, £1.20** (24p/100g)



**Free From 4 White Tortilla Wraps, £2** (50p/each)



**Free From Original Porridge Pot 55g, 70p** (£1.27p/100g)

WORDS **JESS HERBERT** PHOTOGRAPHY **GETTY IMAGES**
'Source: netdoctor.co.uk ''Source: bda.uk.com

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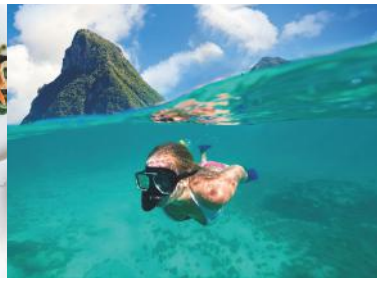
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# YOU'D NEVER GUESS...

From a lighter veg-packed lasagne to a katsu curry that sneaks in more of your 5-a-day, these wow-factor recipes are surprisingly good for you


Make-ahead weekend lunch
57p
per serve



## FULL-OF-GREENS QUICHE

**Serves** 8 V
**Takes** 1 hr
**Cost per serve** 57p

**CLEVER SWAP** Swap the watercress or fresh spinach for frozen spinach. Defrost, then squeeze extra moisture out and use as below.

375g pack reduced-fat ready-rolled shortcrust pastry
4 medium eggs, beaten
175ml skimmed milk
150g frozen peas
150g frozen broad beans
50g watercress or spinach, chopped
4 spring onions, sliced
15g fresh dill, chopped
100g soft goat's cheese, sliced into 1cm rounds
40g walnuts, roughly chopped (optional)
green salad, to serve (optional)

**1** Preheat the oven to gas 6, 200°C, fan 180°C and place a 25cm tart tin on a baking tray. Roll out the pastry to fit the tin (you will need to cut a 5-10cm slice from the end and press this onto the longer side of the pastry rectangle to create more of a square shape to fit the tin). Dab on a little water or milk with your finger to seal the pastry edges.
**2** Press the pastry into the tin, leaving the sides overhanging. Cover with baking paper, fill with baking beans or rice, then bake for 10 mins. Remove the paper and beans, trim the edges of the pastry, then return to the oven for 7-8 mins until the pastry is cooked.
**3** Meanwhile, beat the eggs with the milk in a large bowl. Blanch the frozen peas and broad beans in boiling water, then drain well, run under cold water and drain again. Stir into the egg mixture with the watercress or spinach, spring onions and dill. Pour into the pastry base, then top with the cheese and walnuts, if using.
**4** Reduce the oven to gas 4, 180°C, fan 160°C, and bake for 30-35 mins more until golden brown and cooked through. Serve warm or at room temperature, with a crisp green salad, if you like. Will keep for up to 3 days in the fridge.

Each serving contains

| Energy | Fat | Saturates | Sugars | Salt |
|---|---|---|---|---|
| 1171kJ 280kcal | 14g | 6g | 3g | 0.5g |
| 14% | 20% | 30% | 4% | 8% |

of the reference intake. See page 7.
Carbohydrate 26g Protein 12g Fibre 3g

## MORE WAYS TO SNEAK EXTRA VEG INTO YOUR MEALS

**1** Add grated carrot or courgette to a tomato pasta or pizza sauce, then blitz until smooth to provide an extra veggie hit.
**2** Swap chips for vegetable fries: try roasted celeriac, parsnip or sweet potato, sprinkled with a little smoked paprika for extra flavour.
**3** Switch up mashed potatoes by swapping half the white potato with sweet potato, swede, celeriac or even cauliflower, then mashing together.

## CHICKEN KATSU WITH EXTRA-VEG SAUCE

**Serves** 4 ❄ freeze sauce only
**Takes** 40 mins
**Cost per serve** £2.54

**MAKE AHEAD** The sauce can be made separately and frozen for up to 3 months. Allow to defrost fully before reheating to serve.

650g pack chicken breast portions (4 chicken breasts)
1 large egg, beaten
75g panko or natural breadcrumbs
spray sunflower oil
cooked jasmine rice, steamed mangetout and coriander, to serve (optional)

*For the katsu sauce*
2 tsp sunflower oil
1 onion, finely chopped
1 tbsp frozen chopped ginger (or a 5cm piece, peeled and grated)
1 tbsp hot or mild curry powder
pinch of crushed chillies
2 carrots, scrubbed and sliced into 2cm discs
1 tbsp plain flour
200ml lighter coconut milk
½ butternut squash (500g), peeled and cut into chunks
2 orange or yellow peppers, cut into chunks
1 tbsp reduced-salt soy sauce
2 limes, zested and juiced, plus wedges to serve (optional)

**1** Preheat the oven to gas 7, 220°C, fan 200°C. Lay the chicken breasts between 2 sheets of baking paper and use a rolling pin to beat gently, to thin out the meat until it's 1-1.5cm thick. Dip into the beaten egg, then the breadcrumbs and place on a baking sheet. Spray evenly with the oil to lightly coat, then bake for 10-12 mins or until cooked through.
**2** Meanwhile, fry the onion in 2 tsp oil in a lidded saucepan over a medium heat for 3-5 mins or until soft. Add the ginger and cook for 1 min. Stir in the spices and carrots and cook for 5 mins. Add the flour, cook for 1 min, then stir in the coconut milk and 450ml water. Bring to a simmer, then add the squash; cover and simmer for 10 mins. Add the peppers and cook for another 5 mins. Stir through the soy sauce, and lime juice and zest. Blitz with a stick blender until smooth.
**3** Serve the sauce in bowls with rice, mangetout, coriander and lime wedges, if you like, topped with the sliced chicken.

Each serving contains

| Energy | Fat | Saturates | Sugars | Salt |
|---|---|---|---|---|
| 1962kJ 466kcal | 10g | 4g | 18g | 0.9g |
| 23% | 15% | 21% | 19% | 15% |

of the reference intake. See page 7.
Carbohydrate 42g Protein 47g Fibre 7g
3 of your 5-a-day; source of fibre


Cover recipe
Chicken katsu with extra-veg sauce p87
The hidden-veg fakeaway

## LOADED TURKEY LASAGNE

**Serves** 8 ❄
**Takes** 1 hr 50 mins
**Cost per serve** £1.69

**MAKE AHEAD** The turkey sauce can be made up to 3 days ahead; keep in the fridge. The lasagne can be frozen whole. Allow to defrost completely before reheating until piping hot to serve.

- 2 tbsp olive oil
- 350g frozen classic vegetable base mix
- 2 garlic cloves, crushed
- 3 tbsp tomato purée
- 500g pack turkey mince (2% fat)
- 1 chicken stock cube, made up to 400ml
- 400g tin chopped tomatoes
- 400g tin beans (black or cannellini beans work well)
- about 8 dried lasagne sheets (depending on the size of the dish)
- 3 large eggs
- 2 x 250g tubs ricotta
- 150g frozen peas
- 200g spinach
- 285g jar roasted peppers antipasti, drained
- 30g Parmesan or 50g mature Cheddar, grated (optional)

**1** Heat the oil in a lidded saucepan over a medium-high heat. Fry the vegetable base mix for 5-8 mins until softened, then stir in the garlic and tomato purée and cook for 1 min. Add the turkey mince, using a wooden spoon to break it up. Cook for 4-5 mins, then add the stock, tomatoes and beans. Stir well, partially cover, then simmer for 15 mins. Season well and set aside.

**2** Soak the lasagne sheets in hot tap water for 10 mins. In a large bowl, beat the eggs with the ricotta and 150ml water; season well.

**3** Blanch the peas in a pan of boiling water for 2 mins, adding the spinach for the final 1 min. Drain well. Preheat the oven to gas 4, 180°C, fan 160°C.

**4** To layer, spoon half the turkey mix over the base of a large ovenproof dish (about 30 x 20cm), top with half the pea-spinach mixture and half the peppers. Pour over a third of the ricotta sauce. Drain the pasta and layer over 3-4 sheets, to fit the size of your dish. Spoon over the remaining turkey mixture, then the remaining peas and spinach.

**5** Pour over another third of the white sauce, layer over the remaining lasagne sheets and finally pour over the last of the white sauce. Sprinkle over the cheese and bake for 45-50 mins until golden and bubbling. Allow to cool for 5-10 mins before serving.

Each serving contains

| Energy | Fat | Saturates | Sugars | Salt |
|---|---|---|---|---|
| 1632kJ 389kcal | 14g | 5g | 10g | 1.5g |
| 19% | 19% | 25% | 11% | 25% |

of the reference intake. See page 7.
Carbohydrate 31g Protein 32g Fibre 7g
2 of your 5-a-day; high in protein

*Healthier version of a favourite*



## SWEET POTATO & SPINACH SCOTCH EGGS

**Serves** 4 V
**Takes** 1 hr
**Cost per serve** £1

- 2 medium sweet potatoes (about 400g), peeled and cut into 4cm chunks
- 400g tin butter beans, drained
- 1 tsp curry powder or sumac
- pinch of crushed chillies (optional)
- 200g frozen spinach, defrosted and well drained
- 75g lighter salad cheese, crumbled
- 5 large eggs
- 1 tbsp milk
- 50g plain flour
- 75g panko or natural breadcrumbs
- sunflower oil spray
- mango chutney and lemon wedges, to serve (optional)

**1** Put a saucepan over a high heat and fill with about 2.5cm water. Add the sweet potatoes and cook for 12–15 mins until just tender and cooked. Drain, return to the pan and heat over a low heat for 2–3 mins, shaking the potatoes around. Leave to cool, then mash with the butter beans and spices.
**2** Squeeze out any excess moisture from the spinach. Roughly chop and stir into the sweet potato mixture with the cheese.
**3** Boil 4 eggs in a pan of simmering water for 4 mins 30 secs if serving the Scotch eggs cold, or 5 mins if serving warm. Drain and cover with cold water to stop the cooking process. Once cool enough to handle, carefully peel.
**4** Preheat the oven to gas 6, 200°C, fan 180°C. Divide the sweet potato mixture into 4, then wrap evenly around each egg to cover fully. Beat the remaining egg in a shallow bowl with the milk and put the flour and breadcrumbs in separate shallow dishes. Dip the Scotch eggs in the flour, then egg, then breadcrumbs and transfer to a baking tray. Spray with the oil to evenly coat. Bake for 18–20 mins until golden brown. Remove and leave to cool a little before serving warm or cold with mango chutney and lemon wedges, if you like.

Each serving contains

| Energy | Fat | Saturates | Sugars | Salt |
|---|---|---|---|---|
| 1789kJ 425kcal | 12g | 4g | 7g | 1g |
| 21% | 17% | 20% | 7% | 17% |

of the reference intake. See page 7.
Carbohydrate 53g Protein 23g Fibre 8g
1 of your 5-a-day; source of vitamin D

RECIPES **JULES MERCER** PHOTOGRAPHY **KAREN THOMAS**
FOOD STYLING **LIZZIE HARRIS** PROP STYLING **MORAG FARQUHAR**



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A TASTE OF INDEPENDENCE

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# Forest wonder

Themed routes, exciting trails, even live music... There are brilliant reasons to head into the forest

## 1. SPRING INTO ACTION

Stretch your legs on a forest walk. Forestry England can suggest loads of routes, from peaceful strolls to more energetic walks. Kids will love the Zog trails, based on the children's book, while wellbeing trails are dotted with signposts inviting you to pause, reflect and soak up the scenery.

## 2. BLISS OUT

Forget spa days, have you tried forest bathing? Known as shirin yoku, an ancient Japanese practice of relaxation, it's a brilliant free way to unwind. Pick a quiet time such as early morning and wander slowly and aimlessly through the forest. Breathe deeply and soak up what you can see, smell and hear.

## 3. GET ON YOUR BIKE

There are over 2,500km of cycle trails in Forestry England's woodlands, from gentle pathways for beginners to more advanced mountain bike trails. You can even hire a bike at some forest centres.

## 4. TRY A TRAIL

Pull on your trainers and hit one of Forestry England's newly marked running trails, from 1km to 10km and with something for all abilities. Or try one of many walking or cycling trails.

## 5. CONNECT WITH FRIENDS

Take a walk in the forest with friends and grab some fresh air and exercise as you chat. Special occasion? Book a gig to remember! Forest Live is a series of live music concerts against spectacular woodland backdrops.



# HAPPY DAYS

Put a spring in your step with our budget-friendly ways to feel good around the clock

## WAKE UP FRESH

### HYDRATE

It's amazing how much better you can feel when you're hydrated. We need 6-8 glasses of water a day, as even being mildly dehydrated can make you feel tired. Wake up to a glass of water before popping the kettle on, and keep a water bottle on your desk as a visual reminder to drink throughout the day.



*Try a bottle with the time on to keep track of your consumption*

**Tesco Mint Sipper Bottle 750ml, £6**

### STRETCH

Muscles lose tone when we sleep and fluid pools along your back. When you stretch, you massage fluid back into the normal position. Your muscles also protect themselves from over-extension by holding back nerve impulses as they reach their limit. Stretch to remind your muscles what you're capable of.

### MORNING MINDFULNESS

While it's good to have awareness of what's going on elsewhere, reading the news in the morning can be stressful. Limiting how much you read and setting boundaries can help you have a less anxious start to the day.

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## PEANUT BUTTER, OAT & BERRY BITES

**Makes** 16 squares V DF
**Takes** 30 mins plus cooling
**Cost per square** 24p

CLEVER SWAP To make these vegan-friendly, swap honey for maple syrup.

Put 250g **frozen berries** in a bowl to defrost a little. Preheat the oven to gas 4, 180°C, fan 160°C, and lightly grease and line a 20cm square tin with baking paper. Put 250g **porridge oats**, 100g **4-seed mix** and 50g **mixed nuts** in a mixing bowl. In another bowl, mix 2 smashed **bananas**, 4 tbsp **peanut butter** and 100g **clear honey**, then combine with the oat mix and stir until just mixed. Mash the frozen berries with a fork, then gently stir through the oat mix. Spoon into the prepared tin and press into an even layer. Bake for 15-20 mins until golden brown and set. Leave to cool in the tin for 10 mins; transfer to a wire rack to cool completely, then cut into squares. Will keep in an airtight container for up to 3 days.

Each square contains

| Energy | Fat | Saturates | Sugars | Salt |
|---|---|---|---|---|
| 769kJ 184kcal | 9g | 1g | 8g | 0.1g |
| 9% | 13% | 6% | 9% | 1% |

of the reference intake. See page 7. Carbohydrate 19g Protein 5g Fibre 4g High in vitamin E, which supports the protection of cells from oxidative stress

### LET THE LIGHT IN

Studies* have shown that simply opening your curtains in the morning can improve psychological wellbeing, as daylight increases serotonin release. It can have wider-reaching effects too – a 2014 study showed that people who receive at least 20 minutes of natural light between 8am and 12pm have a lower BMI than those exposed to it later in the day.

## Enjoy a balanced breakfast

### FIND YOUR FUEL

Wholegrain carbohydrates provide slow-burning energy, while also being a source of fibre. Choose seeded brown bread for toast, porridge oats or low-sugar muesli.

### PICK YOUR PROTEIN

Protein helps the body grow and repair cells. Try natural yogurt, low-salt baked beans or eggs on toast. Sprinkle nuts or seeds over porridge.

### START YOUR 5-A-DAY

Mash banana into cereal or use to top pancakes, add spinach and tomatoes to an omelette, or try our Carrot cake smoothie, p42, for a lower-sugar alternative to breakfast smoothies.

*Source: sciencedaily.com

# TRY THESE WORKING-DAY WINS




## NO-COOK MISO NOODLE POTS

**Serves** 1 DF **Takes** 10 mins
**Cost per serve** £1.34

Mix 1 tsp finely grated **ginger**, 2 tsp **miso paste**, ½ tsp **sesame oil** and 1 tsp **reduced-salt soy sauce** in a large heatproof jar or jug. Gently separate 150g **straight-to-wok medium noodles** with a fork and layer up in the jug with 125g **vegetable stir-fry mix**. When ready to serve, pour over 200ml boiling water so everything is just covered. Cover with clingfilm and leave for 2-3 mins to infuse. If you want it piping hot, microwave for an extra 2 mins. Add 50g **cooked and peeled king prawns**, if you like, and stir well. Finish with a squeeze of ½ **lime** and scatter with chopped **coriander** and **red chilli**, if you like.

Each serving contains

| Energy | Fat | Saturates | Sugars | Salt |
|---|---|---|---|---|
| 1369kJ 325kcal | 9g | 6g | 8g | 1.1g |
| 16% | 12% | 28% | 9% | 19% |

of the reference intake. See page 7.
Carbohydrate 48g Protein 10g Fibre 8g
Source of protein, which supports the maintenance of muscle mass

## FILL YOUR FREEZER...

**...with good stuff! Try these for making cooking on busy days healthier and easier:**



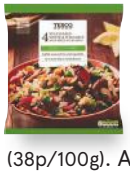
**Casserole Vegetables 1kg, £1.** This ready-prepped mix of carrot, swede, turnip, onion and celery is perfect for speeding up midweek meals – add to soups, stews and pie fillings.



**4 Steam Bags Cauliflower Rice 150g each, £2.30** (38p/100g). Serve as an alternative to rice or couscous, use for bulking out soups or making pizza bases! Check out tes.co/chickencauliflowerpizza.



**Breakfast Fruit Topper 350g, £2.50** (71p/100g). Add this vibrant mix of chopped strawberry, peach, mango and pineapple to porridge, granola or smoothies – or add to bakes.



**4 Steam Bags White & Wild Rice with Mixed Vegetables 150g each, £2.30** (38p/100g). An easy way to up your veg! Serve with chillies or curries, or stir-fry with egg and soy sauce for a meal in itself.

## Snack storage

Glass Food Storage 1ltr, £4; Klipfresh Foodsavers 190ml 4-pack, £4.50; Glass Cookie Jar, £4



**Keep in the kitchen**

Try not to store snacks in desk drawers or nearby, as you'll be more likely to mindlessly reach for them. Healthy snacking is fine, but make it intentional by heading to the kitchen.

### CHILLI CON CARNE WITH AVOCADO

**Serves** 6 DF GF
**Takes** 1 hr 40 mins
**Cost per serve** £1.33

LOW ENERGY To cook in a slow-cooker, fry the mince in 1 tbsp oil for 8-10 mins; transfer to a slow-cooker. Fry the onion, garlic and coriander stalks, then add the spices. Add the tinned tomatoes and enough water to cover. Bring to the boil, then tip into the slow-cooker. Cover and cook on low for 6-8 hrs until thickened. Add the beans, cook for 30 mins, then add the frozen veg for the final 10 mins.

Heat 1 tbsp **oil** in a frying pan over a medium heat, then fry 1 chopped **onion** for 8 mins until softened. Add 2 chopped **garlic cloves** and the chopped stalks from 15g **coriander**; fry for 2 mins. Increase the heat to high and add 250g **lean 5% fat beef mince**, breaking it up with a wooden spoon. Fry for 10 mins until starting to caramelise. Add 1½ tsp **smoked paprika** and 2 tsp **ground cumin**; toast for 1 min. Add 2 x 400g tins **chopped tomatoes**, then pour in 2 x 400g tins of **beans** (cannellini, kidney or chickpeas) and their liquid; top up with water so the beef is just covered. Bring to the boil, then reduce to a simmer; cook for 1 hr, stirring occasionally. Add 400g **frozen Mediterranean-style chargrilled vegetables** and cook for 10 mins. Meanwhile, mash 200g defrosted **frozen avocado** in a bowl, then mix in the juice of 1 **lime** and the chopped leaves from 15g **coriander**. Serve the chilli with **rice**, **yogurt** and sliced **red chilli**, if you like, with the mashed avocado.

Each serving contains

| Energy | Fat | Saturates | Sugars | Salt |
|---|---|---|---|---|
| 1378kJ 330kcal | 13g | 3g | 13g | 0.3g |
| 17% | 18% | 16% | 15% | 5% |

of the reference intake. See page 7.
Carbohydrate 28g Protein 19g Fibre 14g
3 of your 5-a-day and high in protein, which supports the maintenance of normal bones




## WIND DOWN PROPERLY

**EAT FOR SLEEP**
Oily fish and its omega-3 fatty acids increase levels of serotonin, which is then converted into the sleep hormone melatonin.
Nuts and seeds can be high in magnesium, which can help you relax.
Warm milk and its protein contains tryptophan, an amino acid that's thought to make us fall asleep quicker.
Herbal tea varieties that don't contain caffeine can help you relax.

**KEEP NOTE**
Stressful days happen, but reflecting before bed can help you focus on the positives. Writing down things you're grateful for can help ease your mind.

**DINE EARLIER**
Heading to bed between 10pm and 11pm? Eat dinner between 6pm and 8pm. Eating too closely to sleeping can cause acid reflux or lower sleep quality.

**PICK YOUR WORKOUT**
Aim to finish any workouts an hour before bed and stick to lighter exercises like yoga or swimming.

**DO NOT DISTURB**
Pop your phone onto airplane mode before you go to sleep. Your alarm will still go off, but you won't be pulled into stressful notifications.




**A sleepy scent:** Apothecary Scented Candle in Neroli & Bergamot 140g, £4

WORDS **BRYONY BOWIE, JESS HERBERT** RECIPES **ELSPETH ALLISON**
PHOTOGRAPHY **GARETH MORGANS** FOOD STYLING **LIZZIE HARRIS** PROP STYLING **VICTORIA ELDRIDGE**
Prices are correct at time of going to press and are subject to change

# Treat of the week

Craving something sweet? This zingy pud has a cheat's lemon sauce and is ready in a flash

## MICROWAVE LEMON PUDDINGS

**Serves** 4 V
**Takes** 15 mins
**Cost per serve** 29p

Grease 4 x 150ml microwave-safe ramekins with baking spread. In a small bowl, mix 6 tbsp **lemon curd** with 4 tsp boiling water to loosen. Divide between the ramekins and set aside. Beat 75g each **baking spread** and **caster sugar** in a mixing bowl until pale and fluffy. Mix in 1 **medium egg** and the zest of 1 **lemon**, then fold in 75g **self-raising flour**. Stir in 4 tsp **lemon juice**. Spoon over the lemon curd in the ramekins, smoothing the tops. Transfer to a large microwave-safe plate and microwave on high* for 4 mins. Leave to stand for 1 min (they will finish cooking in this time and become spongier on top). Dust with icing sugar and serve with fresh **raspberries** and **crème fraîche**, if you like.

Each serving contains

| Energy | Fat | Saturates | Sugars | Salt |
|---|---|---|---|---|
| 1571kJ 375kcal | 18g | 5g | 31g | 0.5g |
| 19% | 26% | 23% | 34% | 9% |

of the reference intake. See page 7.
Carbohydrate 48g Protein 4g Fibre 1g

*Made in the microwave*

RECIPE **BRYONY BOWIE** PHOTOGRAPHY **GARETH MORGANS** FOOD STYLING **ELLA TARN** PROP STYLING **JENNY IGGLEDEN**
*Timings correct for an 800W microwave

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